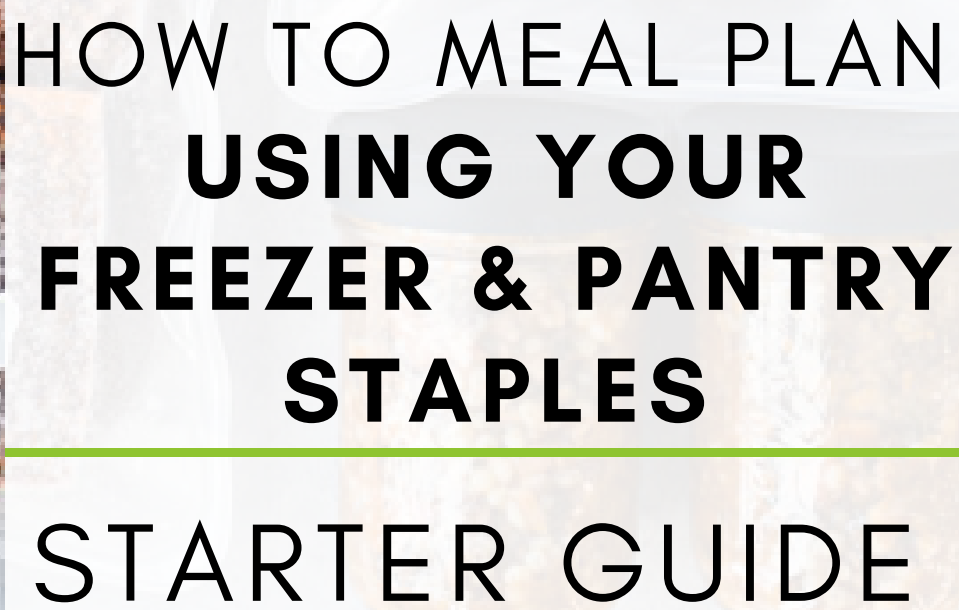


The logo for 'Meal Plan Addict' features the words 'MEAL PLAN' in a large, green, hand-drawn font, with 'ADDICT' in a smaller, black, sans-serif font below it. A small icon of a fork and knife is placed between the two words.

MEAL PLAN ADDICT

The title 'HOW TO MEAL PLAN USING YOUR FREEZER & PANTRY STAPLES' is written in a bold, black, sans-serif font, centered on a white background. Below it, the words 'STARTER GUIDE' are also in a bold, black, sans-serif font, centered on a white background.

HOW TO MEAL PLAN USING YOUR FREEZER & PANTRY STAPLES STARTER GUIDE



freezer INVENTORY

www.mealplanaddict.com

meat & seafood

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

heat & serve meals

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

fruit & veggies

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

breakfast

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

freezer INVENTORY

www.mealplanaddict.com

bread

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

other

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Pantry INVENTORY

www.mealplanaddict.com

rice/ grains

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

pasta

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

soups

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

beans / legumes

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

.....

.....

.....

other

.....

.....

.....

.....

.....

www.mealplanaddict.com

main ingredient

recipe

[illegible][illegible]



WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

TUE

WED

THU

FRI

SAT

SUN