

## MEAL PLANNING FORM

Make copies of this form and fill out one for each day of your trip.

**Day**

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**Breakfast**

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**Who's cooking?**

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**Lunch**

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**Who's cooking?**

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**Snack**

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**Who's cooking?**

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**Dinner**

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**Who's cooking?**

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## SHOPPING LIST

Make copies of this form and use it to plan your shopping.

**Supplies**

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**Dry Goods**

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**Canned and Jarred Food**

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**Bread and Other Baked Goods**

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**Dairy**

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**Meat**

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**Frozen Foods**

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**Miscellaneous**

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