Ingredient Worksheet (Amounts Needed for 3 months)

Dinner Menus	Main Dish						Side Dishes													Total
Ingredient	1._____	2._____	3._____	4._____	5._____	6._____	S1._____	S2._____	S3._____	S4._____	S5._____	S6._____	S7._____	S8._____	S9._____	S10._____	S11._____	S12._____		
1																				
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Ingredient Worksheet (Amounts Needed for 3 months)

Dinner Menus	Main Dish						Side Dishes													
Ingredient	1._____	2._____	3._____	4._____	5._____	6._____	S1._____	S2._____	S3._____	S4._____	S5._____	S6._____	S7._____	S8._____	S9._____	S10._____	S11._____	S12._____		Total
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