

Meal Planning

L	S	T	E	A	K	T	A	C	O	C	R	E	A	M	S	H
G	R	A	N	O	L	A	S	A	T	C	L	G	U	E	J	L
F	U	D	O	B	D	R	N	E	P	H	A	F	X	J	S	U
L	B	I	A	K	O	P	A	N	E	O	D	I	B	Z	U	N
O	E	N	T	L	M	Y	C	W	G	C	L	S	R	B	G	C
U	E	N	M	K	Z	I	K	C	G	O	E	H	O	O	A	H
R	F	E	E	F	S	P	E	D	S	L	I	H	C	I	R	M
Q	Z	R	A	O	M	I	P	I	O	A	T	Y	C	L	B	X
S	S	M	L	R	I	E	B	N	Z	T	E	R	O	G	C	P
A	T	E	S	K	L	H	R	N	V	E	P	C	L	R	A	P
L	O	A	V	B	K	W	E	E	B	Z	O	H	I	Z	K	A
A	C	L	E	S	B	H	A	R	R	Q	T	E	D	C	E	N
M	K	F	F	F	A	O	K	S	E	N	T	E	F	O	J	C
I	V	N	O	S	N	T	F	P	A	I	P	S	V	R	K	A
S	A	U	T	E	A	D	A	O	D	T	X	E	Q	N	W	K
U	P	L	A	N	N	O	S	O	B	B	U	T	T	E	R	E
G	R	A	V	Y	A	G	T	N	Q	F	R	Y	B	O	C	Y

breakfast chocolate broccoli granola oatmeal pancake banana
 butter cheese dinner Dinner hotdog salami bread
 cream flour gravy ladle lunch saute snack
 spoon steak stock sugar beef boil cake
 corn eggs fish fork meal milk plan
 taco pot pie fry pan