MENU PLAN

USE QUICKLY		INDEFINITE
meal —	— use by —	meal —
meal —	— use by —	meal —
	0	
meal —	— use by —	meal —
meal —	_ use by _	meal
	0	
meal —	— use by —	meal —
meal —	— use by —	meal —
meac	— wse og —	mean -
meal —	— use by —	meal —