

# 10 Most Used Recipes List

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## *Pro Tips:*

- Try and think of recipes with shelf stable ingredients, not a fresh salad.
- Think of recipes for breakfast, snacks, and lunch, not just dinner.
- Include fruits, vegetables, whole grains, protein, and healthy fats.
- When you are done print off the recipes so you have a hard copy and remember what you'd planned for in your food storage.





# 10 Recipes' Shopping List

## *Grains & Dry Goods*

- *330 cups of rice*
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## *Fruits & Vegetables*

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## *Proteins & Meats*

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## *Condiments & Extras*

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*Notes:*