

CLEAN MAMA'S

DINNER ROTATION

& MENU

PLANNING GUIDE

MEALS MADE EASY



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Quick Start Guide

If menu planning sounds daunting or difficult, it's because you haven't been carving out the time and space to get started.

Let's reframe HOW we look at menu planning and get some meals in the queue for easier meal times. We're going to call this the Dinner Rotation.

**WRITE DOWN HOW FAR OUT YOU CAN PLAN MEALS
- NEVER, 2 DAYS, 1 WEEK, 1 MONTH?**

**NOW WRITE DOWN AN ATTAINABLE GOAL FOR
HOW FAR OUT YOU CAN REALISTICALLY PLAN
OUT YOUR MEALS.**

FIND WHAT WORKS FOR YOU

Grab a menu plan format that speaks to you from the Menu Plans for All section and get started. I like to start with Family Favorites – these are the meals that family members request for special nights or rave about. They might be more difficult but you know they are always hits. Write these down on the Family Favorites list – if you don't know what your family members' favorites are, ask them!

You'll see a couple other lists for you to use – I find this really helpful to get ideas, winners, and super easy dinners down on paper. You can use these going forward for your menu planning.



This will save you time going through cookbooks and websites – consult your list and take note.

WRITE IT DOWN

Next up? Write down a simple menu plan for 3 days. Choose one recipe for one night and double it for the leftovers the next night. Then do something simple for the 3rd night. And look at you – you have 3 nights planned! Repeat this for the next 3 days and you almost have a week planned out.

CONTINUE READING ON THE NEXT PAGE...

Quick Start Guide

Now comes the hard part. It's time to name your meal planning and grocery shopping days.

My preference? I like to do this on Fridays – I've done this since I was teaching. I'd do a quick stop on my way home from work on Friday with grocery list and meal plan in hand. Of course you can do this any day or days that work for you. You might want to sit down on Sunday nights to map out your plan and then do the shopping on Monday morning.

Whatever you decide, go with it but be flexible and ready to adjust as necessary. Scheduling grocery pick up or delivery totally counts and is a huge time saver, don't be afraid to use them when necessary and if they are available to you in your area.

DECIDE RIGHT NOW ON A DAY THAT YOU WILL PLAN OUT MEALS + WRITE IT HERE:

THESE CAN BE THE SAME DAY!

DECIDE RIGHT NOW ON A DAY THAT YOU WILL DO YOUR GROCERY SHOPPING + WRITE IT HERE:



Quick tip...

Wipe out your fridge before you head out to do your shopping – multi-task this with your menu plan and shopping list and you'll be thinking about what to make while you're cleaning.

WOULD IT BE HELPFUL TO PUT YOUR FAVORITES IN A BINDER?

This can be recipes you've saved from magazines, printed off your favorite websites, or copies you've made of family recipes. Choose the sections that best fit your needs and create a Recipe Binder using the Recipe Binder files.

NOTES: _____



The Dinner Rotation

✧ PART 1 ✧

Every successful meal planner needs some tools to get started. If you're going to be a hero in the kitchen you need an arsenal of meals at the ready. This is where you're going to create it.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleannmama.com)



Menu Plans for All

✧ PART 2 ✧

Once you have your arsenal of meals, you need a template to work with. Choose what works for you in the moment. This can change and you might go from being a weekly meal planner to planning a month in advance. Let's start small and get some wins as you move ahead.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleannmama.com)

MENU PLANS FOR ALL
Menu Plan for the Week

SUNDAY	SHOPPING LIST
	<hr/> <hr/> <hr/>
MONDAY	<hr/> <hr/> <hr/>
TUESDAY	<hr/> <hr/> <hr/>
WEDNESDAY	<hr/> <hr/> <hr/>
THURSDAY	<hr/> <hr/> <hr/>
FRIDAY	<hr/> <hr/> <hr/>
SATURDAY	<hr/> <hr/> <hr/>

MENU PLANS FOR ALL

Menu Plan for the Week

MONDAY	SHOPPING LIST
	<hr/> <hr/> <hr/>
TUESDAY	<hr/> <hr/> <hr/>
WEDNESDAY	<hr/> <hr/> <hr/>
THURSDAY	<hr/> <hr/> <hr/>
FRIDAY	<hr/> <hr/> <hr/>
SATURDAY	<hr/> <hr/> <hr/>
SUNDAY	<hr/> <hr/> <hr/>

MENU PLANS FOR ALL

Two-Week Menu Plan

SUNDAY	SUNDAY
MONDAY	MONDAY
TUESDAY	TUESDAY
WEDNESDAY	WEDNESDAY
THURSDAY	THURSDAY
FRIDAY	FRIDAY
SATURDAY	SATURDAY

MENU PLANS FOR ALL

Two-Week Menu Plan

MONDAY	MONDAY
TUESDAY	TUESDAY
WEDNESDAY	WEDNESDAY
THURSDAY	THURSDAY
FRIDAY	FRIDAY
SATURDAY	SATURDAY
SUNDAY	SUNDAY

MENU PLANS FOR ALL Month at a Glance

✦	MONTH:						
<i>week of:</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>week of:</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>week of:</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>week of:</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>week of:</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MENU PLANS FOR ALL Month at a Glance

✦	MONTH:						
<i>week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

MENU PLANS FOR ALL

Menu Plan Brainstorming

This list will help you come up with a basic format to follow if that works for you.

HERE'S A LITTLE LIST TO GET YOU STARTED:

Monday – Meatless Monday, Salads Monday

Tuesday – Taco Tuesday, Turkey on Tuesday (Turkey sandwich, ground turkey in spaghetti)

Wednesday – Wing it Wednesday (use up pantry or fridge items), Breakfast for Dinner

NOTES: _____

MONDAY IDEAS

TUESDAY IDEAS

WEDNESDAY IDEAS

THURSDAY IDEAS

FRIDAY IDEAS

SATURDAY IDEAS

SUNDAY IDEAS



Let's Take Inventory

✧ PART 3 ✧

Now that you have your menu all set and ready to go, it's time to assess your inventory and make your list.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

LET'S TAKE INVENTORY

Pre-Filled Grocery Shopping List

FRUIT	VEGGIES	MEATS	DELI
<input type="checkbox"/> apples	<input type="checkbox"/> avocados	<input type="checkbox"/> beef	<input type="checkbox"/> cheese
<input type="checkbox"/> bananas	<input type="checkbox"/> broccoli	<input type="checkbox"/> ground turkey	<input type="checkbox"/> cold cuts
<input type="checkbox"/> berries	<input type="checkbox"/> carrots	<input type="checkbox"/> ground beef	<input type="checkbox"/> prepared salad
<input type="checkbox"/> grapes	<input type="checkbox"/> cucumbers	<input type="checkbox"/> fish	<input type="checkbox"/>
<input type="checkbox"/> lemons / limes	<input type="checkbox"/> lettuce	<input type="checkbox"/> pork	<input type="checkbox"/>
<input type="checkbox"/> oranges	<input type="checkbox"/> mushrooms	<input type="checkbox"/> poultry	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> onions	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY	BEVERAGES	BAKERY / BREADS	FROZEN FOODS
<input type="checkbox"/> butter	<input type="checkbox"/> coffee	<input type="checkbox"/> bagels	<input type="checkbox"/> fruit
<input type="checkbox"/> cheese	<input type="checkbox"/> tea	<input type="checkbox"/> english muffins	<input type="checkbox"/> ice cream
<input type="checkbox"/> cream cheese	<input type="checkbox"/> juice	<input type="checkbox"/> fresh bread	<input type="checkbox"/> meals
<input type="checkbox"/> eggs	<input type="checkbox"/> soda	<input type="checkbox"/> pitas	<input type="checkbox"/> pizza
<input type="checkbox"/> yogurt	<input type="checkbox"/> water	<input type="checkbox"/> sandwich bread	<input type="checkbox"/> potatoes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> tortillas	<input type="checkbox"/> vegetables
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CANNED GOODS	RICE / PASTA	CEREAL / GRAINS	BAKING / SPICES
<input type="checkbox"/> beans	<input type="checkbox"/> brown rice	<input type="checkbox"/> cold cereal	<input type="checkbox"/> chocolate chips
<input type="checkbox"/> fruit	<input type="checkbox"/> couscous	<input type="checkbox"/> granola	<input type="checkbox"/> flour
<input type="checkbox"/> tomato paste	<input type="checkbox"/> lasagna	<input type="checkbox"/> oatmeal	<input type="checkbox"/> sugar
<input type="checkbox"/> tomato sauce	<input type="checkbox"/> macaroni	<input type="checkbox"/>	<input type="checkbox"/> vanilla
<input type="checkbox"/> pasta sauce	<input type="checkbox"/> spaghetti	<input type="checkbox"/>	<input type="checkbox"/> baking mix
<input type="checkbox"/> soup	<input type="checkbox"/> white rice	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> stock	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LET'S TAKE INVENTORY

Pre-Filled Grocery Shopping List

CONDIMENTS	SPECIALTY	HOUSEHOLD	TOILETRIES
<input type="checkbox"/> honey	<input type="checkbox"/> almond milk	<input type="checkbox"/> cleaner	<input type="checkbox"/> shampoo
<input type="checkbox"/> jam / jelly	<input type="checkbox"/> hummus	<input type="checkbox"/> batteries	<input type="checkbox"/> conditioner
<input type="checkbox"/> ketchup	<input type="checkbox"/> soy milk	<input type="checkbox"/> hand soap	<input type="checkbox"/> deodorant
<input type="checkbox"/> mayonnaise	<input type="checkbox"/> tofu	<input type="checkbox"/> laundry detergent	<input type="checkbox"/> lotion
<input type="checkbox"/> mustard	<input type="checkbox"/>	<input type="checkbox"/> light bulbs	<input type="checkbox"/> shaving cream
<input type="checkbox"/> oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> soap
<input type="checkbox"/> peanut butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> toothpaste
<input type="checkbox"/> vinegar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PAPER GOODS	BABIES / KIDS	PETS	OTHER
<input type="checkbox"/> foil	<input type="checkbox"/> bubble bath	<input type="checkbox"/> cat food	<input type="checkbox"/>
<input type="checkbox"/> paper towels	<input type="checkbox"/> diapers	<input type="checkbox"/> dog food	<input type="checkbox"/>
<input type="checkbox"/> parchment paper	<input type="checkbox"/> lotion	<input type="checkbox"/> cat litter	<input type="checkbox"/>
<input type="checkbox"/> plastic wrap	<input type="checkbox"/> wipes	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> toilet paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> tissues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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LET'S TAKE INVENTORY

Category Grocery Shopping List

FRUIT	VEGGIES	MEATS	DELI
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY	BEVERAGES	BAKERY / BREADS	FROZEN FOODS
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CANNED GOODS	RICE / PASTA	CEREAL / GRAINS	BAKING / SPICES
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LET'S TAKE INVENTORY

Blank Grocery Shopping List

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The Recipe Binder

✂ PART 4 ✂

Choose the sections that best fit your needs and create a Recipe Binder using these Recipe Binder files.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.CLEANMAMA.COM)

THE RECIPE BINDER

How to Make a Recipe Binder

A recipe binder can be a daunting task – this kit is designed to take the hassle out of the process and make it easy for you.

Recipe binders can be used in many ways in your kitchen. You can file away family recipes, keep recipes from magazines, online and recipes that you type out and save. I use mine as a family cookbook with all of our favorite recipes and recipes that I hope to put in the rotation. A family recipe binder has been a huge time and money saver in our home. Instead of perusing cookbooks looking for meal planning ideas, I will grab my menu planner for the week or month and my recipe binder and start planning. Plan your categories carefully according to your family and cooking style and your menu planning will be simplified.

 *Keep your recipe binder in an easy to grab place!*

HERE'S WHAT YOU NEED TO DO:

- **GATHER YOUR SUPPLIES** My recommendation is to use a binder to keep your recipes in one place. I also like to keep my recipes in plastic sleeves so I can slip them in and out as needed and the plastic sleeves are great for any spills and drips while cooking. A three-hole punch works too if you'd like to forego the sleeves. Use tabs and dividers to keep recipes easily accessible.
- **GATHER YOUR RECIPES** Do you have recipes in a pile, saved on your computer, or tucked away in a drawer? Get them out and get ready to get them organized.
- **PRINT YOUR PAGES** Print out the PDF packet or download it to a device that you can access.
- **SORT YOUR RECIPES** Do this according to your categories.
- **PUT YOUR BINDER IN ORDER** Put the recipes in the correct categories, put the dividers and tabs in place.

PUT THE FOLLOWING PAGES IN THE FRONT OF THE BINDER:

- **THE RECIPE LISTS** To keep recipes easily accessible. These pages are one of my favorite resources – I can jot down recipes that I'd like to make and then any time I'm coming up blank on meals for a week I choose one of these recipes and it keeps meal planning a little easier.
- **FAMILY FAVORITES** So you're reminded of favorite recipes – this is a great resource for when you need a home-run dinner or when you've forgotten about that beloved meatloaf recipe that everyone loved.
- **SUBSTITUTIONS + MEASUREMENT EQUIVALENTS** Because it's super helpful to have.

THE RECIPE BINDER

Helpful Tips

The key to a successful recipe binder is to use it.

NOTES: _____

MY BEST TIPS & TRICKS FOR USING YOUR RECIPE BINDER:

1. **STICKY NOTES OR TABS**

Mark family favorites with a removable sticky note or tab so you quickly find them.

2. **PRACTICE ROTATING**

Rotate through a list of family favorites – be intentional with your menu planning. Monday night can be family favorite night or let family members choose their favorite meals once a month. It is fun to let kids choose their favorite meals and it makes the planning a little easier for you too!

3. **TRY SOMETHING NEW**

Try new recipes – once a month is great! If you are more adventurous, try a new recipe weekly.

4. **TO KEEP OR NOT TO KEEP**

If a recipe isn't a keeper, don't keep it.

5. **HANDLING CHANGES**

If you make a change to a recipe, write the change directly on the page or on a sticky note so you remember those changes for the next time.

6. **RECIPE CARDS**

Have a special recipe on a recipe card? Make a photocopy and slide the fill size page into your binder and keep the recipe card in a safe place or recipe box.

7. **WEBSITE / MAGAZINE RECIPES**

See a recipe on a website or in a magazine, print or tear it out right away and place it in the Recipes to Try section.



Remember to keep your recipe binder in an easy to grab place!

THE RECIPE BINDER

Measurement Equivalents

3 TEASPOONS	=	1 TABLESPOON	=	1/2 OUNCE	
4 TABLESPOONS	=	1/4 CUP	=	2 OUNCES	
5 TABLESPOONS + 1 TEASPOON	=	1/3 CUP			
8 TABLESPOONS	=	1/2 CUP	=	4 OUNCES	
10 TABLESPOONS + 2 TEASPOONS	=	2/3 CUP			
12 TABLESPOONS	=	3/4 CUP			
16 TABLESPOONS	=	1 CUP	=	8 OUNCES	
1 1/2 CUPS	=	3/4 PINT	=	12 OUNCES	
2 CUPS	=	1 PINT	=	16 OUNCES	
3 CUPS	=	1 1/2 PINTS	=	24 OUNCES	
2 PINTS	=	1 QUART	=	32 OUNCES	
8 CUPS	=	2 QUARTS	=	64 OUNCES	= 1/2 GALLON
16 CUPS	=	4 QUARTS	=	128 OUNCES	= 1 GALLON

Recipe:

serves:

INGREDIENTS		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PREPARATION		

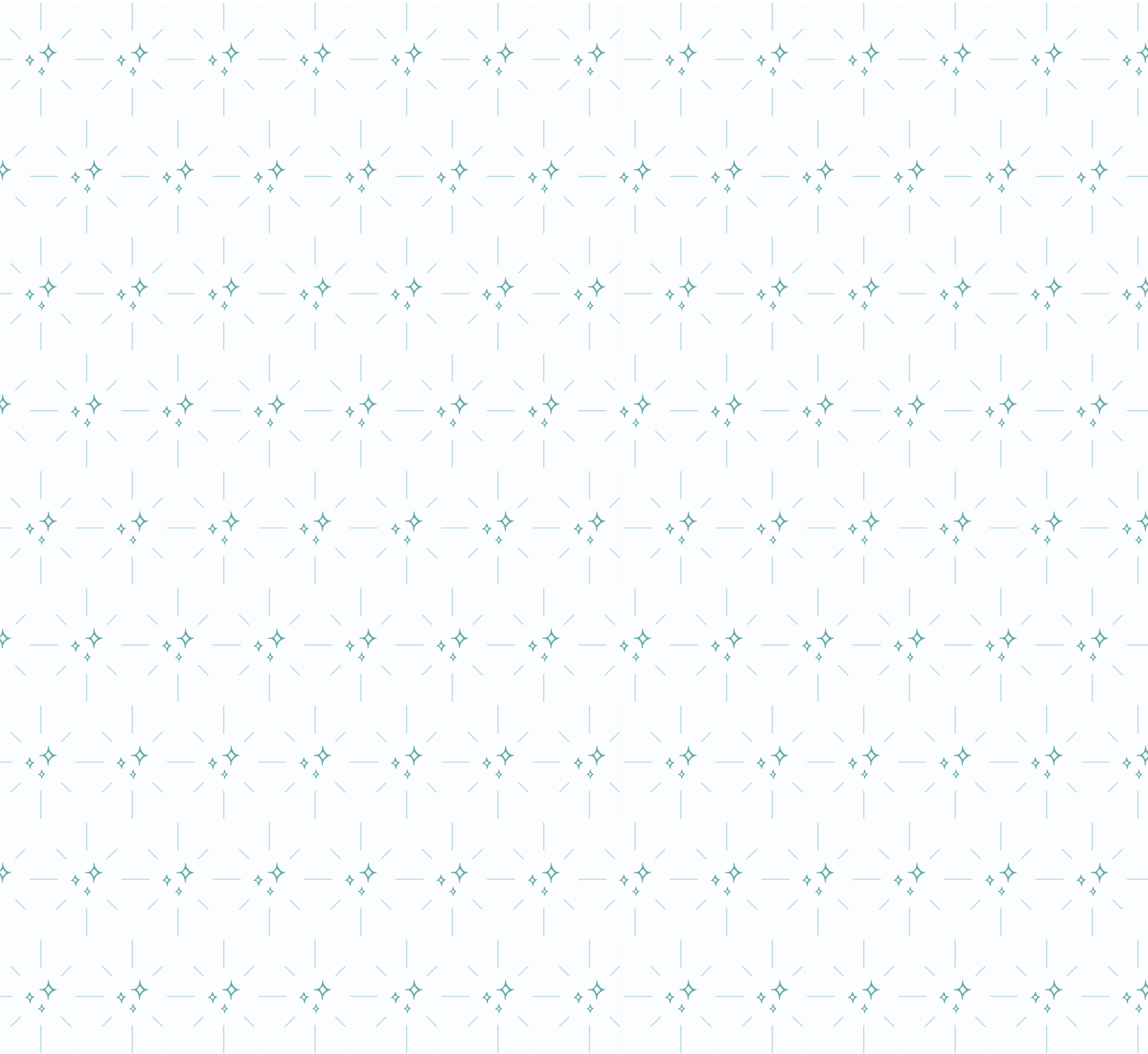
SOURCE:

LABELS - PRINT, TRIM & USE IN DIVIDERS (fits standard Avery 8-tab dividers)

RECIPES <i>to TRY</i>	SIDE DISHES	VEGETABLES	YEAST BREADS & ROLLS
FAMILY FAVORITES	RICE & GRAINS	SLOW COOKER & INSTANT POT	CANNING
MENU ROTATION	BEEF	PIZZA	HOLIDAYS & CELEBRATIONS
BREAKFAST	PORK	ON <i>the</i> GRILL	DESSERTS
APPETIZERS	POULTRY	MAKE AHEAD	QUICK BREADS
SALADS & DRESSINGS	SEAFOOD	VEGETARIAN	CAKES & FROSTINGS
SANDWICHES	WEEKNIGHT MEALS	GLUTEN-FREE	COOKIES & CANDIES
SOUPS & STEWs	PASTA & SAUCES	PALEO	PIES & TARTS
RECIPES <i>to TRY</i>	SIDE DISHES	VEGETABLES	YEAST BREADS & ROLLS
FAMILY FAVORITES	RICE & GRAINS	SLOW COOKER & INSTANT POT	CANNING
MENU ROTATION	BEEF	PIZZA	HOLIDAYS & CELEBRATIONS
BREAKFAST	PORK	ON <i>the</i> GRILL	DESSERTS
APPETIZERS	POULTRY	MAKE AHEAD	QUICK BREADS
SALADS & DRESSINGS	SEAFOOD	VEGETARIAN	CAKES & FROSTINGS
SANDWICHES	WEEKNIGHT MEALS	GLUTEN-FREE	COOKIES & CANDIES
SOUPS & STEWs	PASTA & SAUCES	PALEO	PIES & TARTS

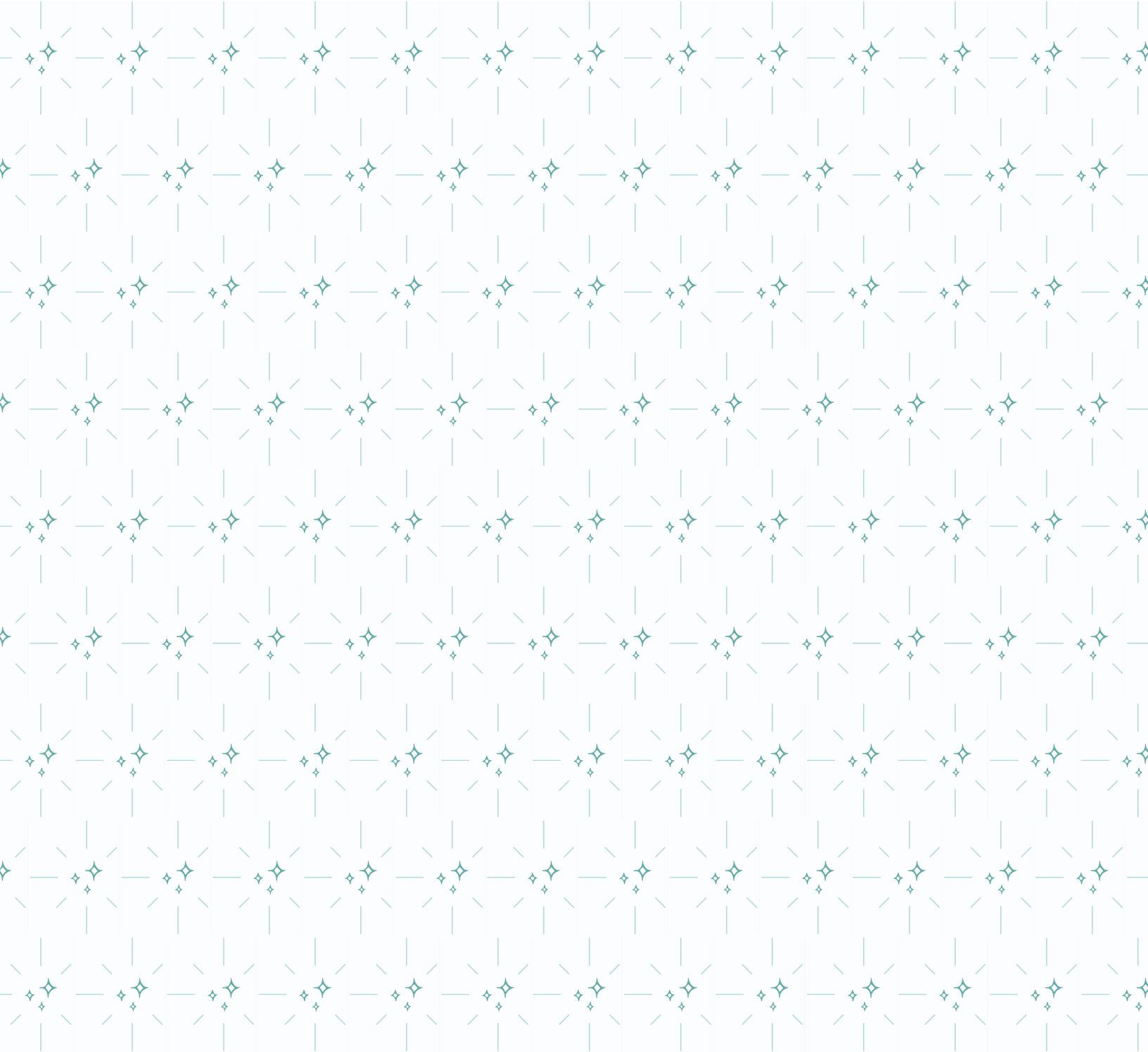
THE RECIPE BINDER

❖ Family Recipes ❖



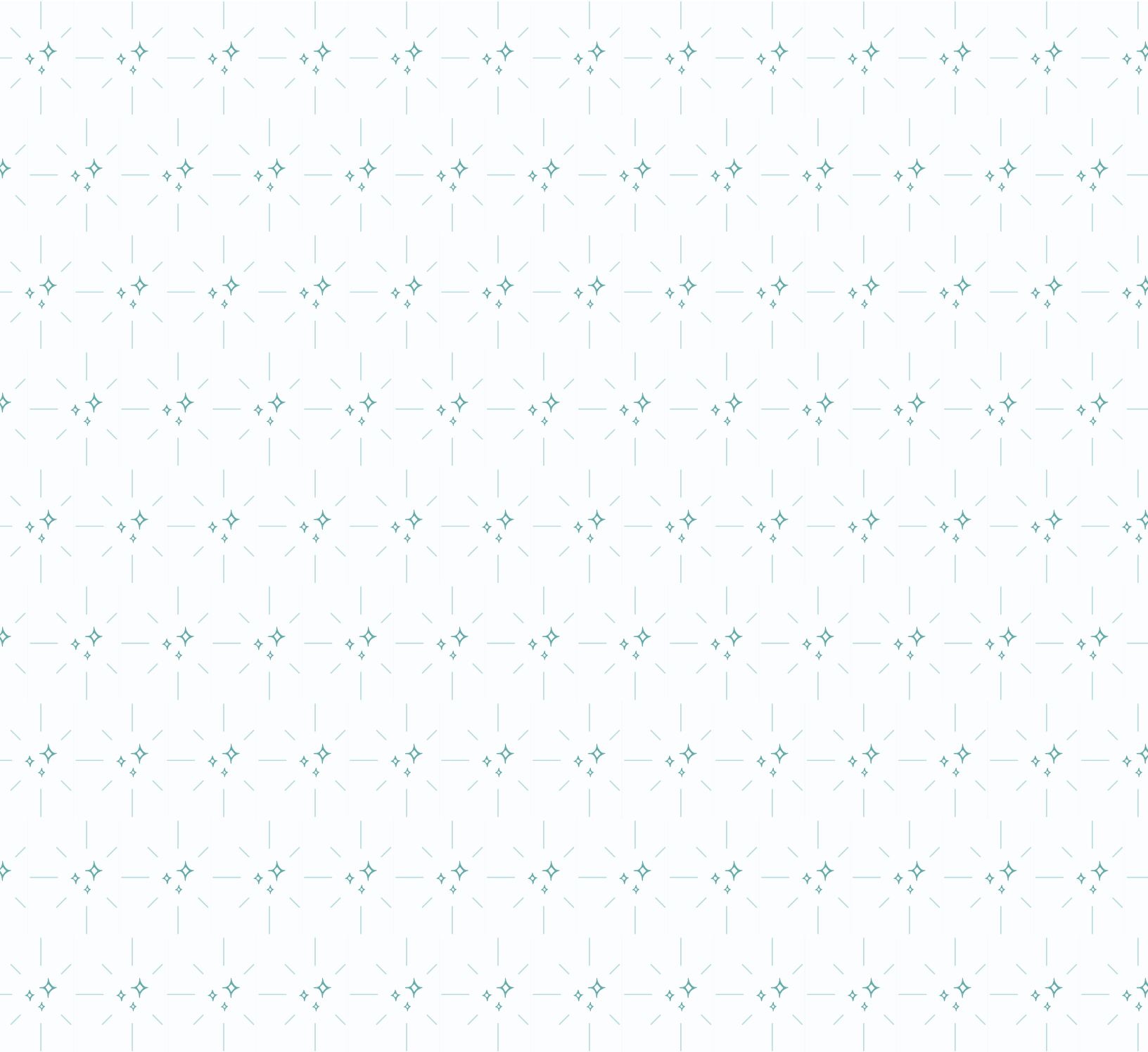
THE RECIPE BINDER

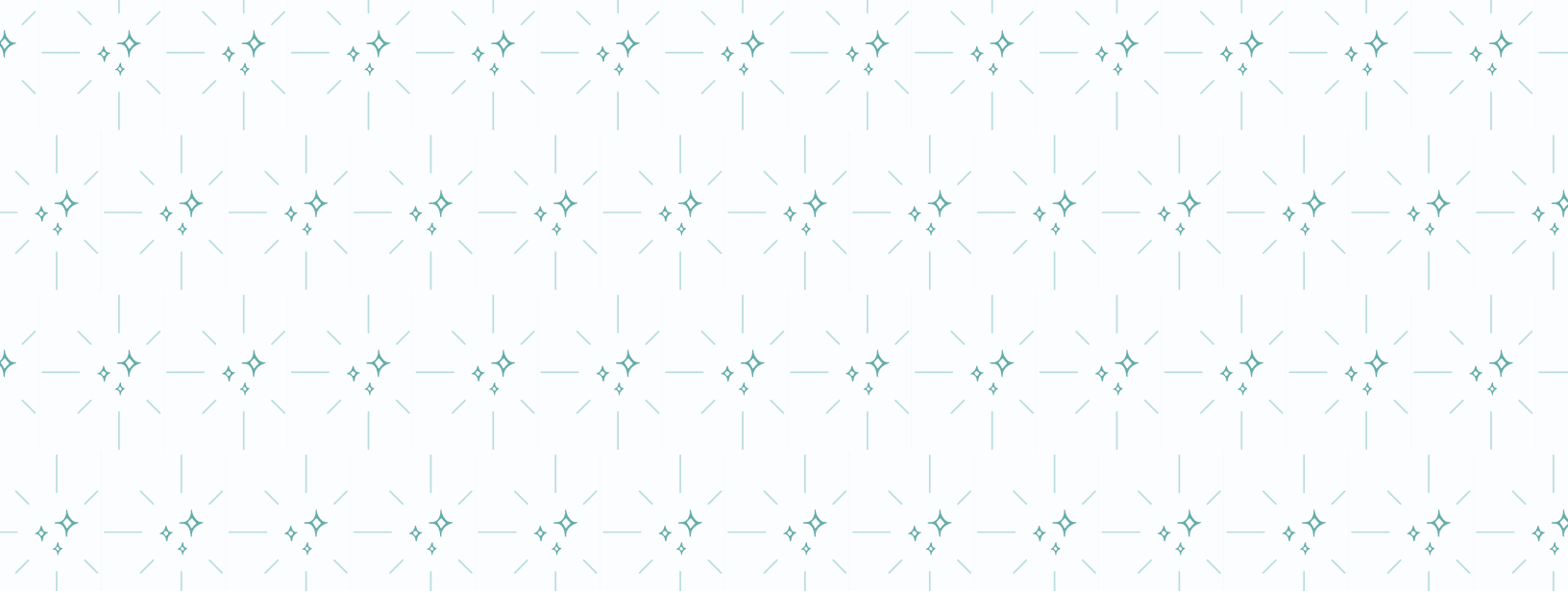
❖ Dessert Recipes ❖



MEALS MADE EASY

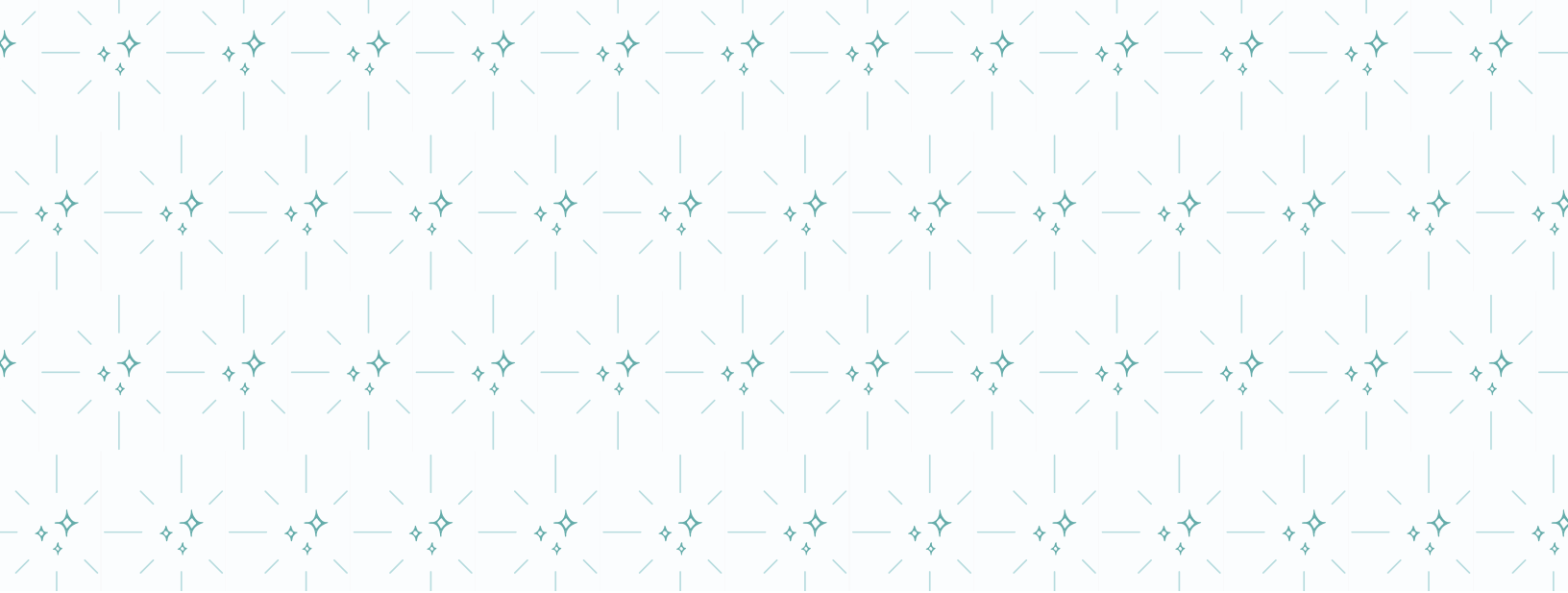
❖ The Recipe Binder ❖





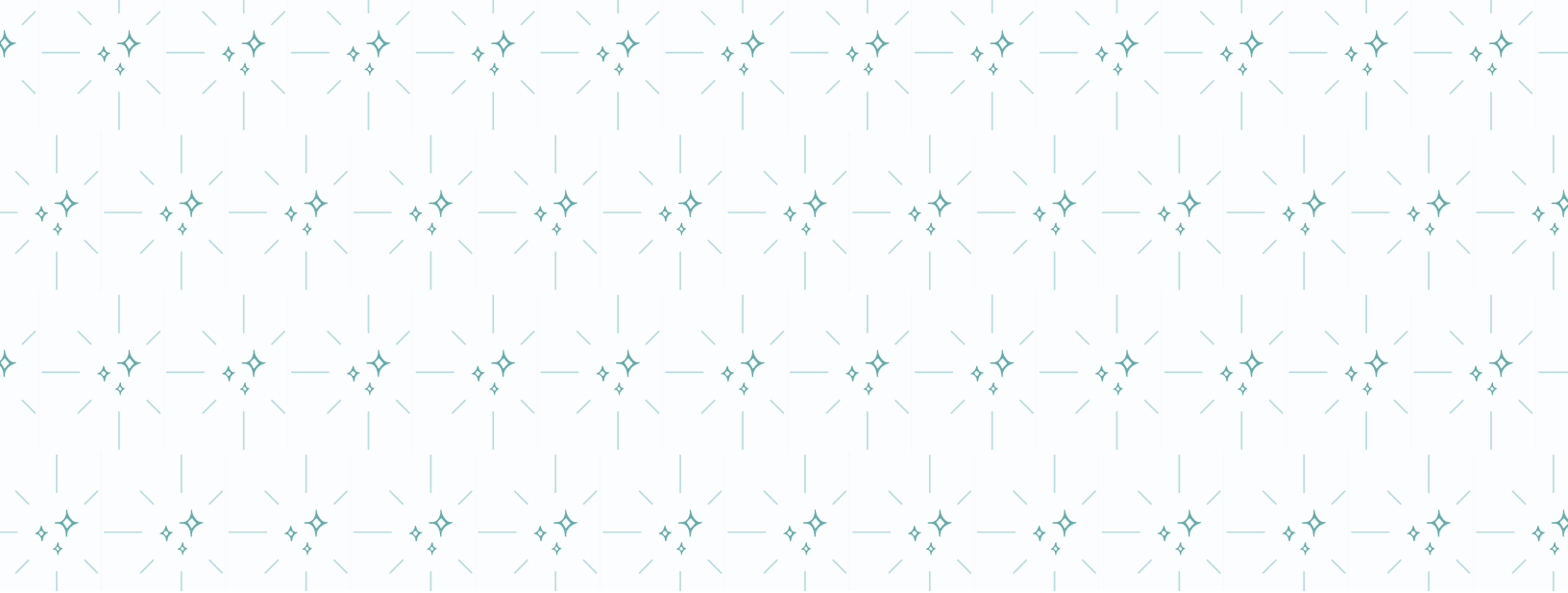
RECIPES

Things *to* Try



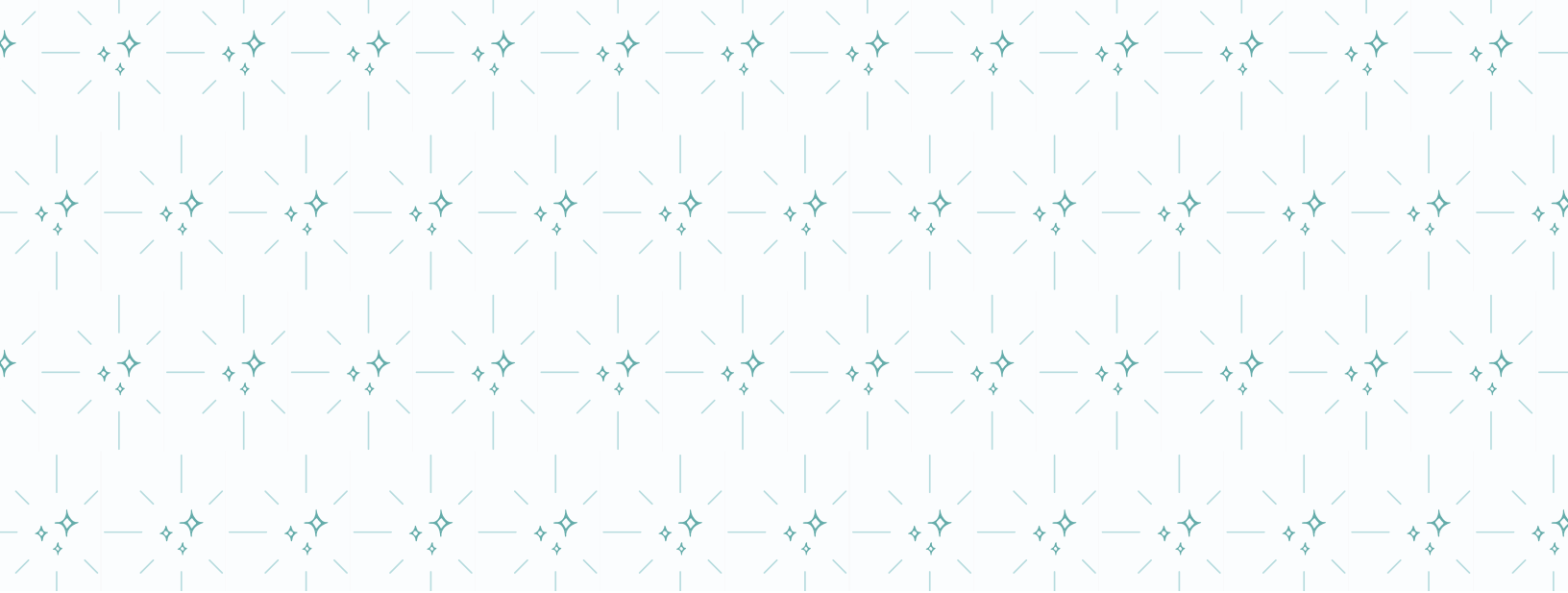
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Family Favorites



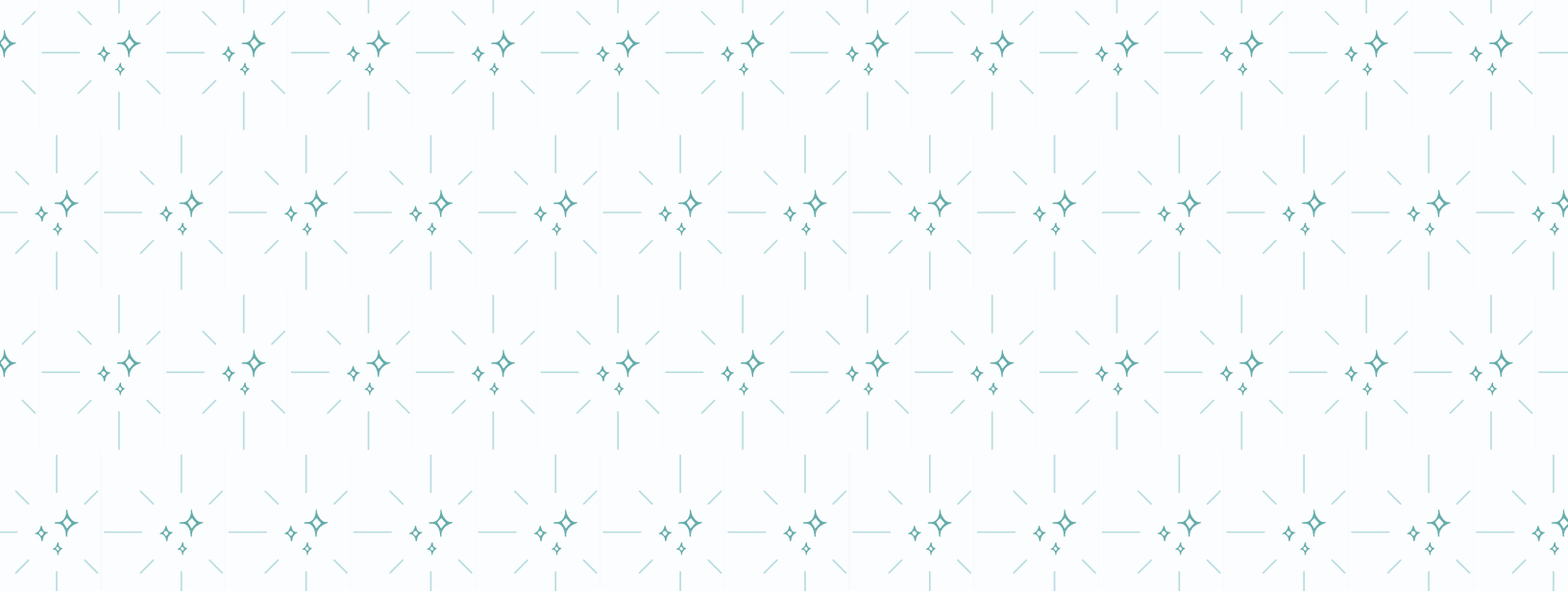
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Menu Rotation



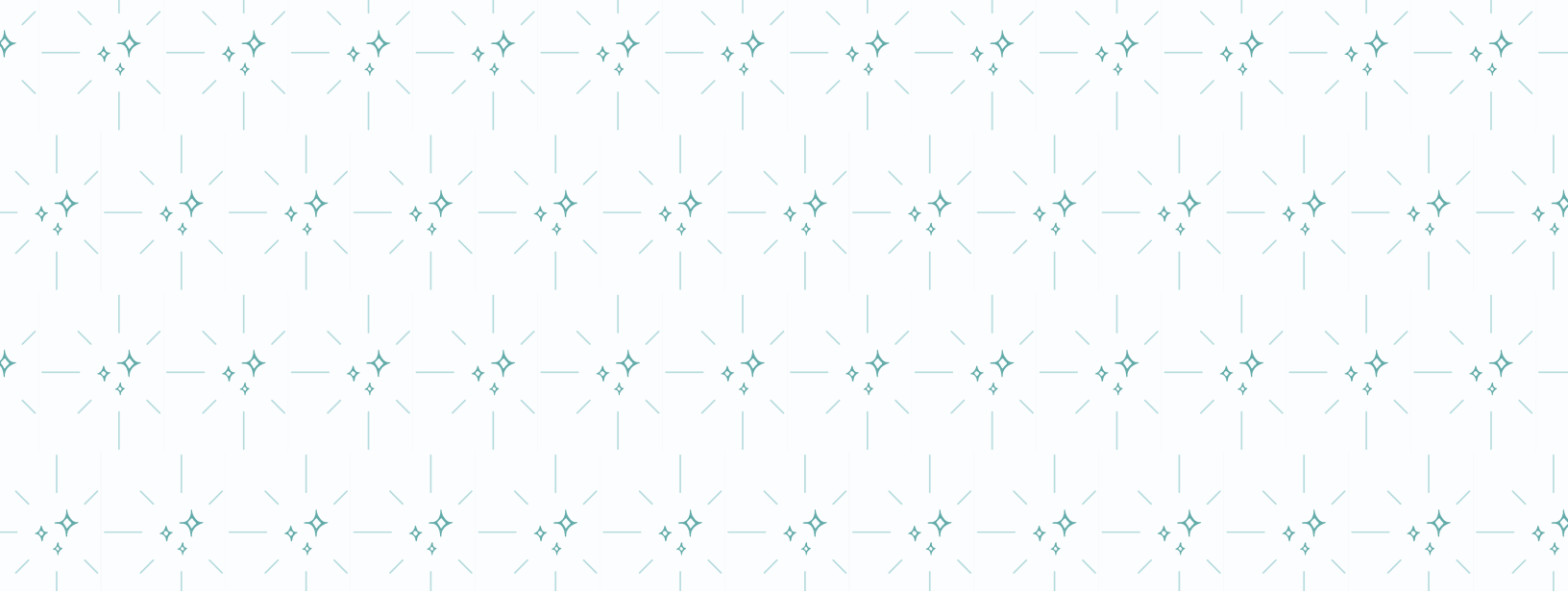
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Breakfast



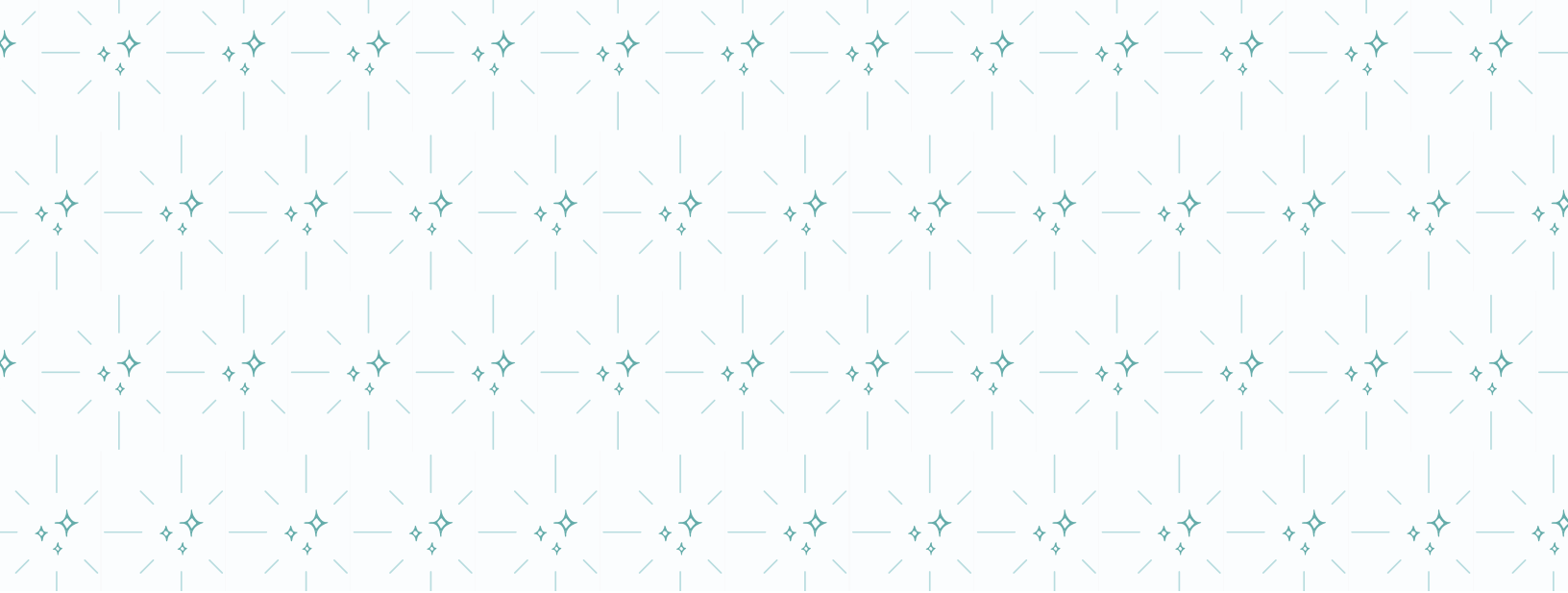
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Appetizers



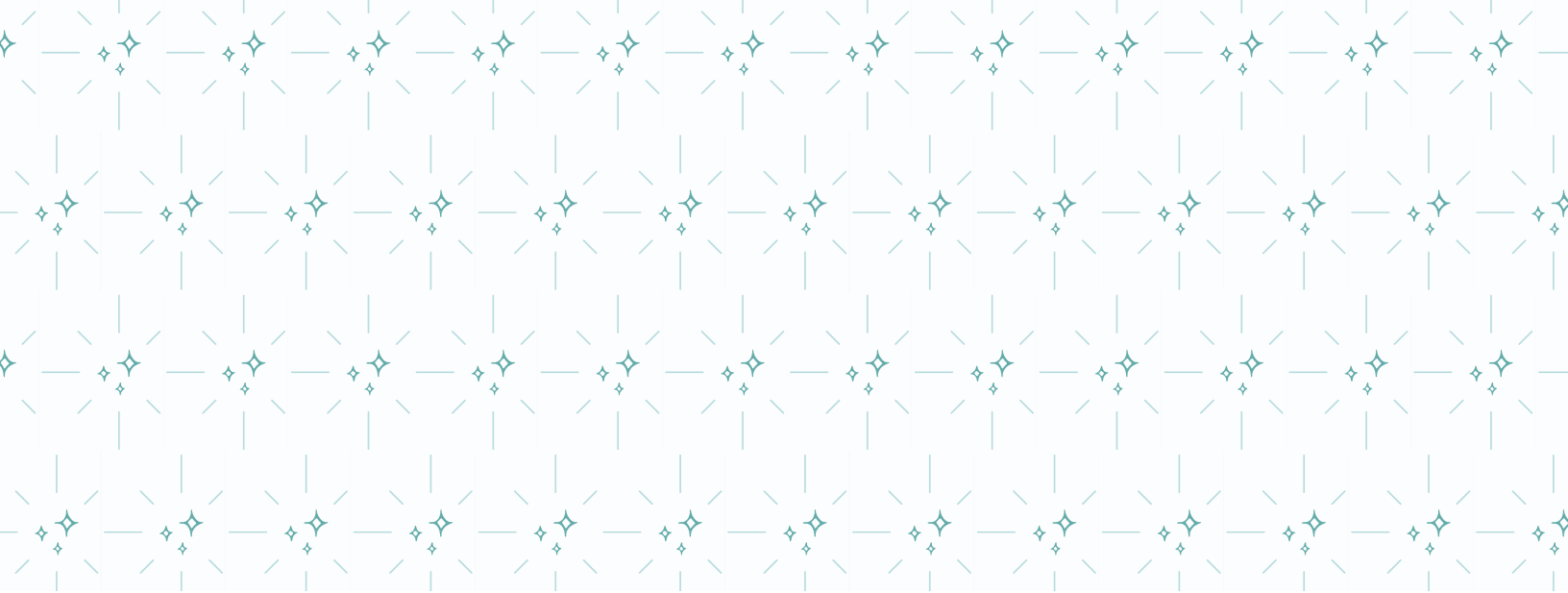
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Salads & Dressings



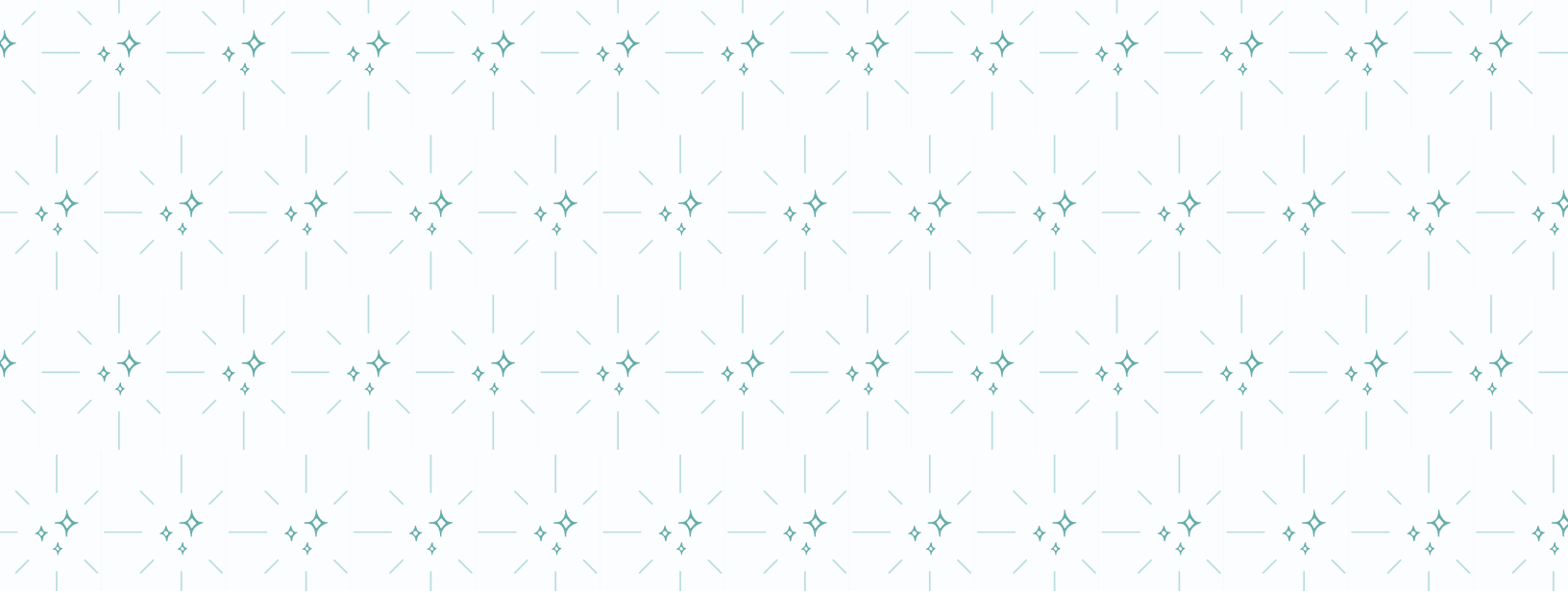
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Sandwiches



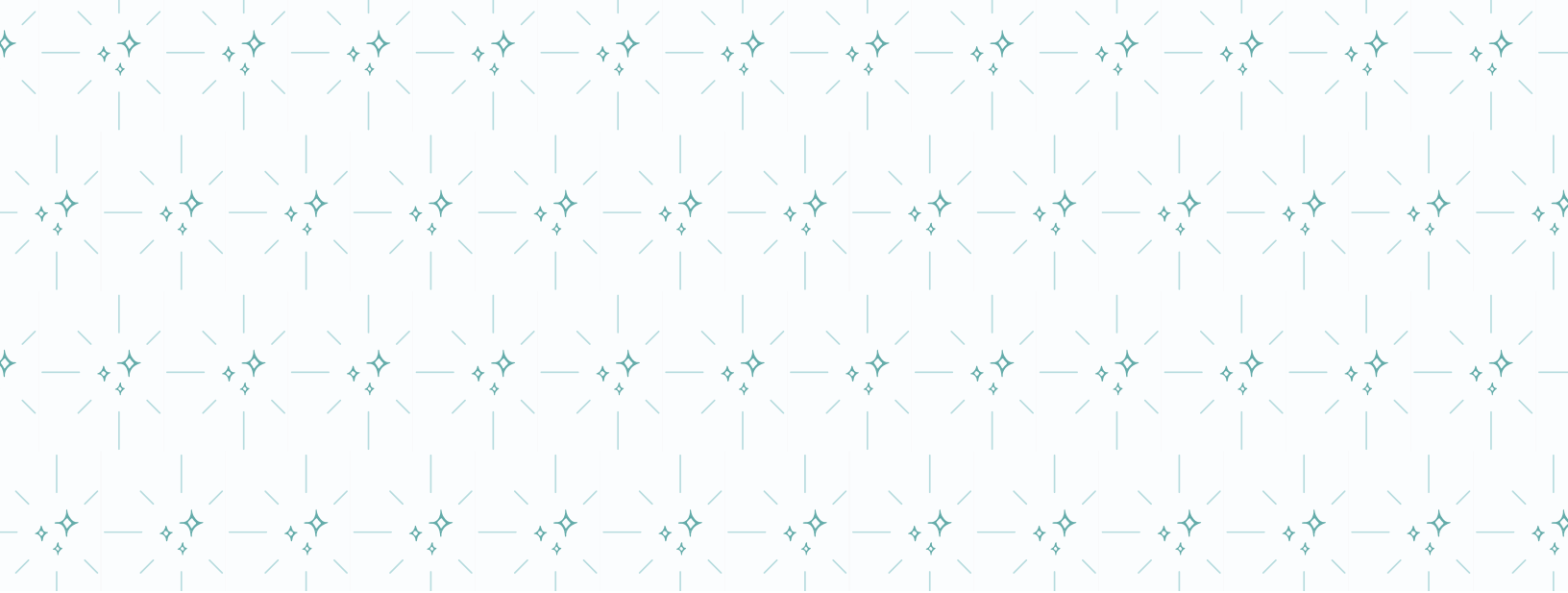
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Soups & Stews



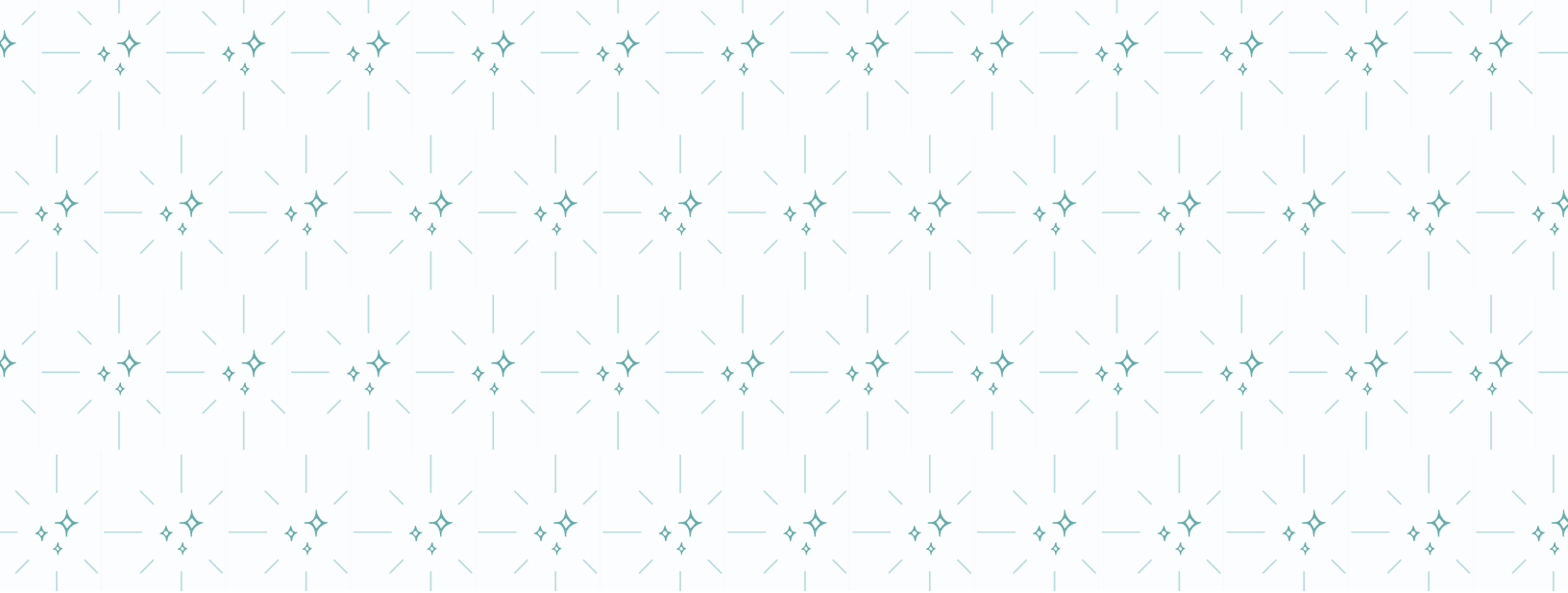
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Side Dishes



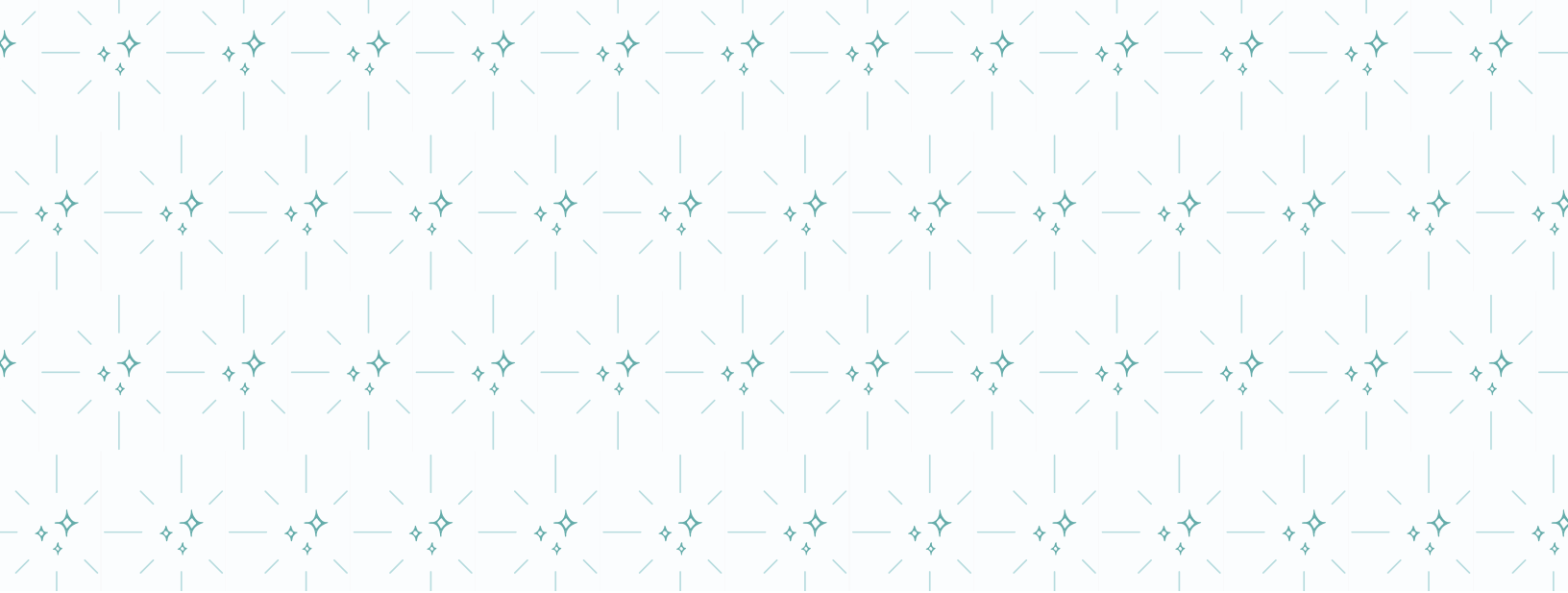
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Rice & Grains



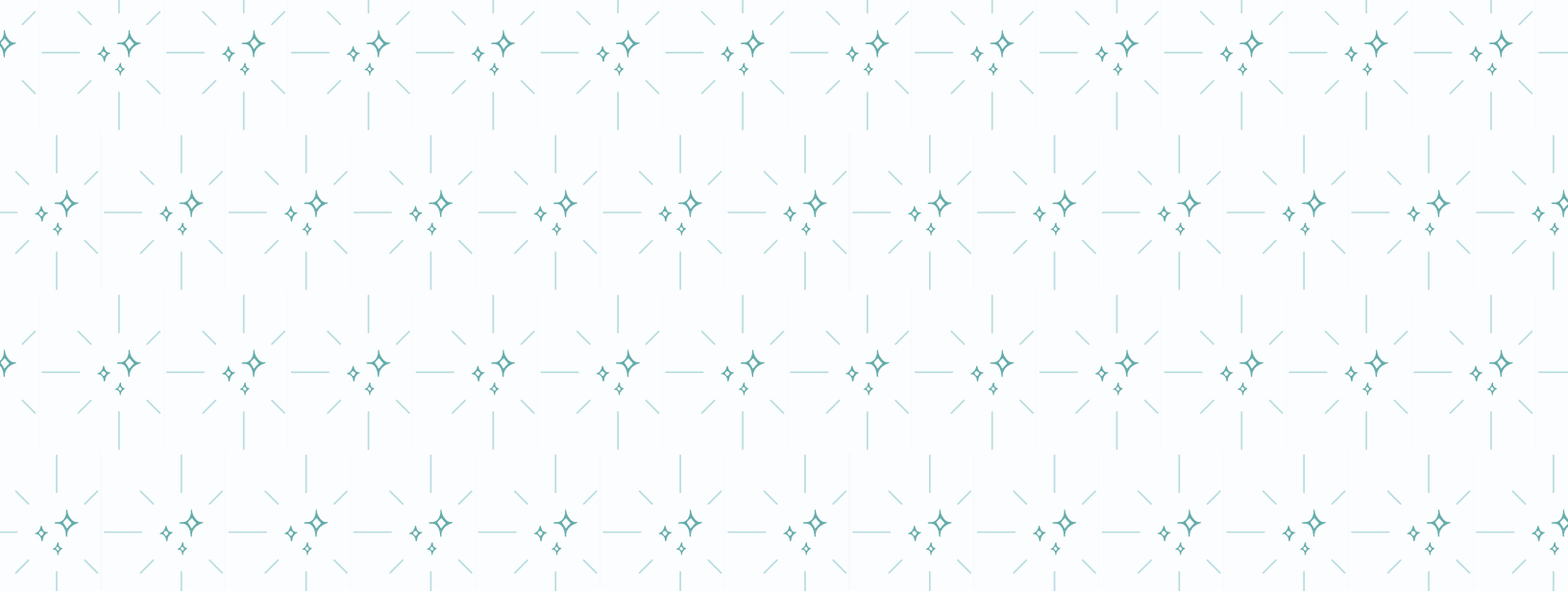
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Beef



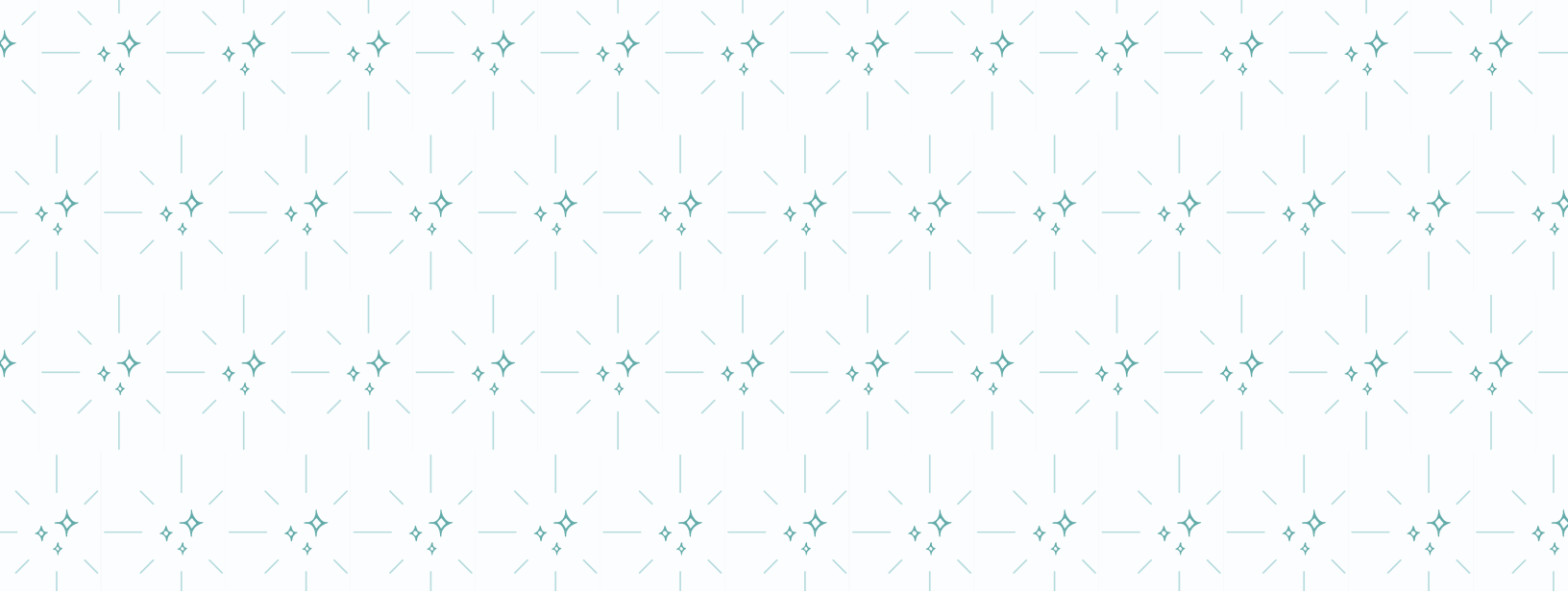
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Pork



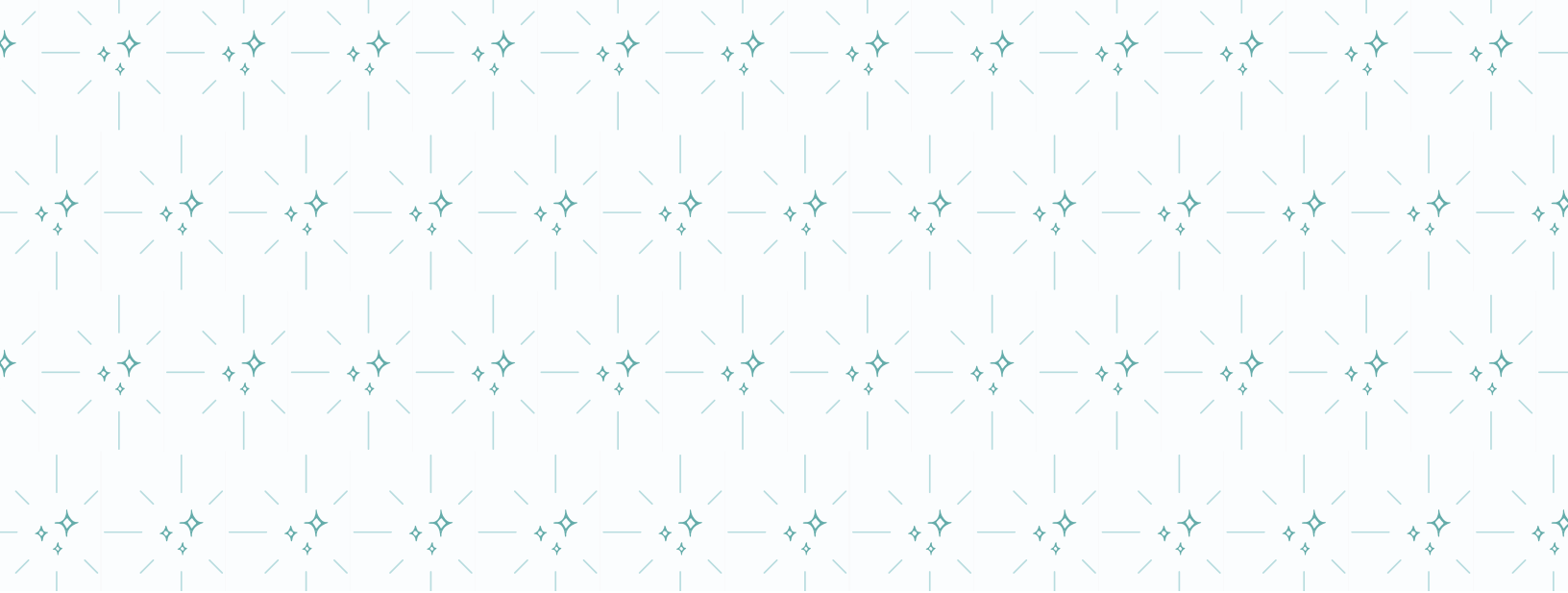
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Poultry



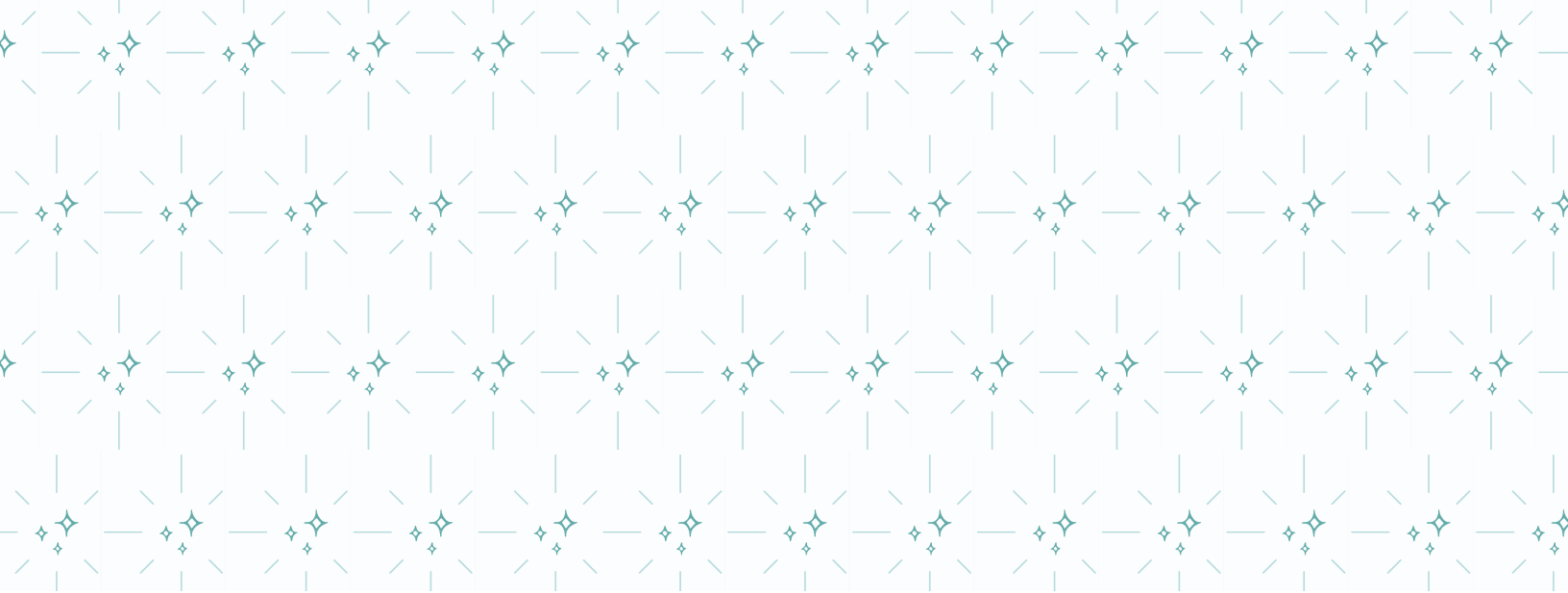
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Seafood



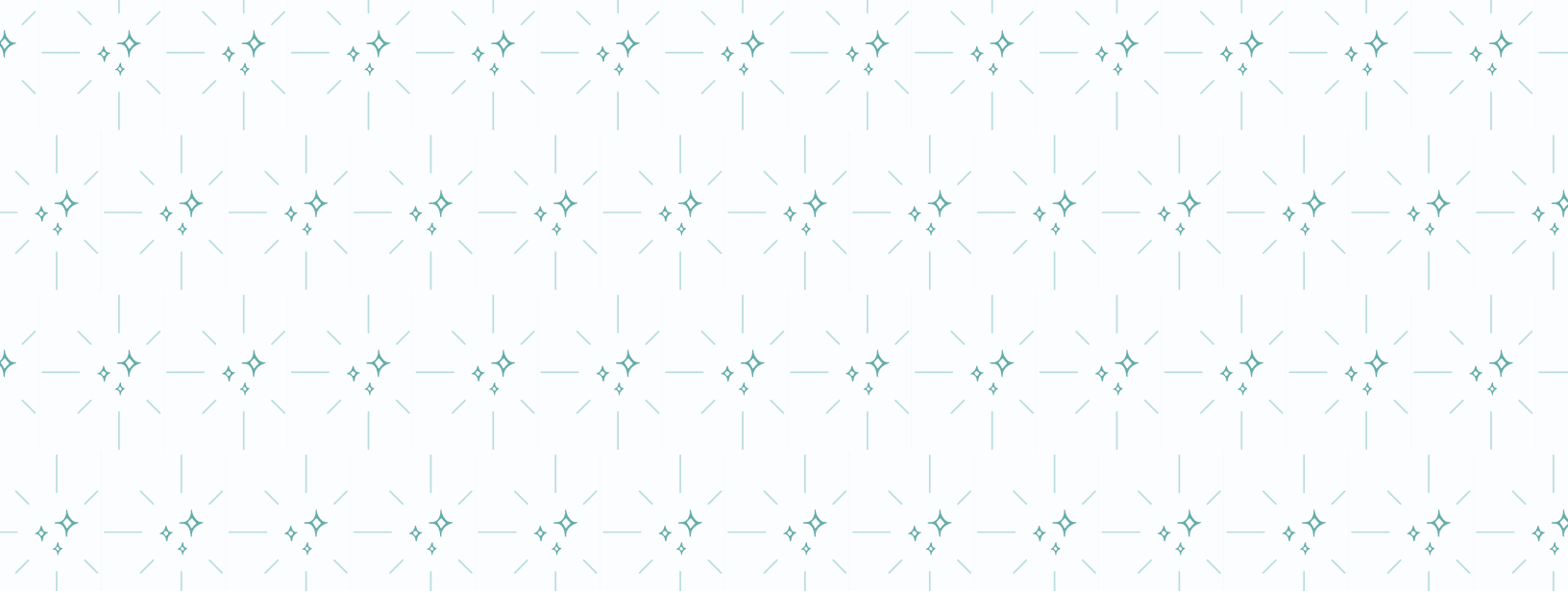
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Weeknight Meals



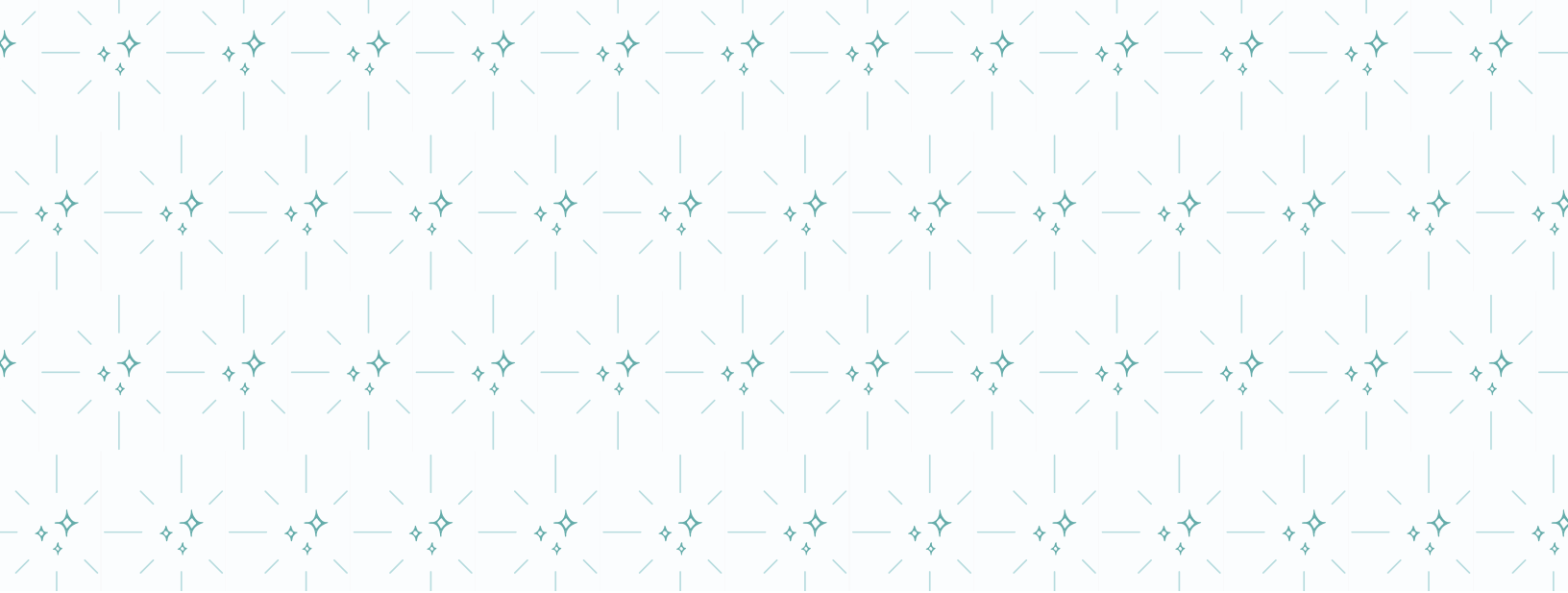
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Pasta & Sauces



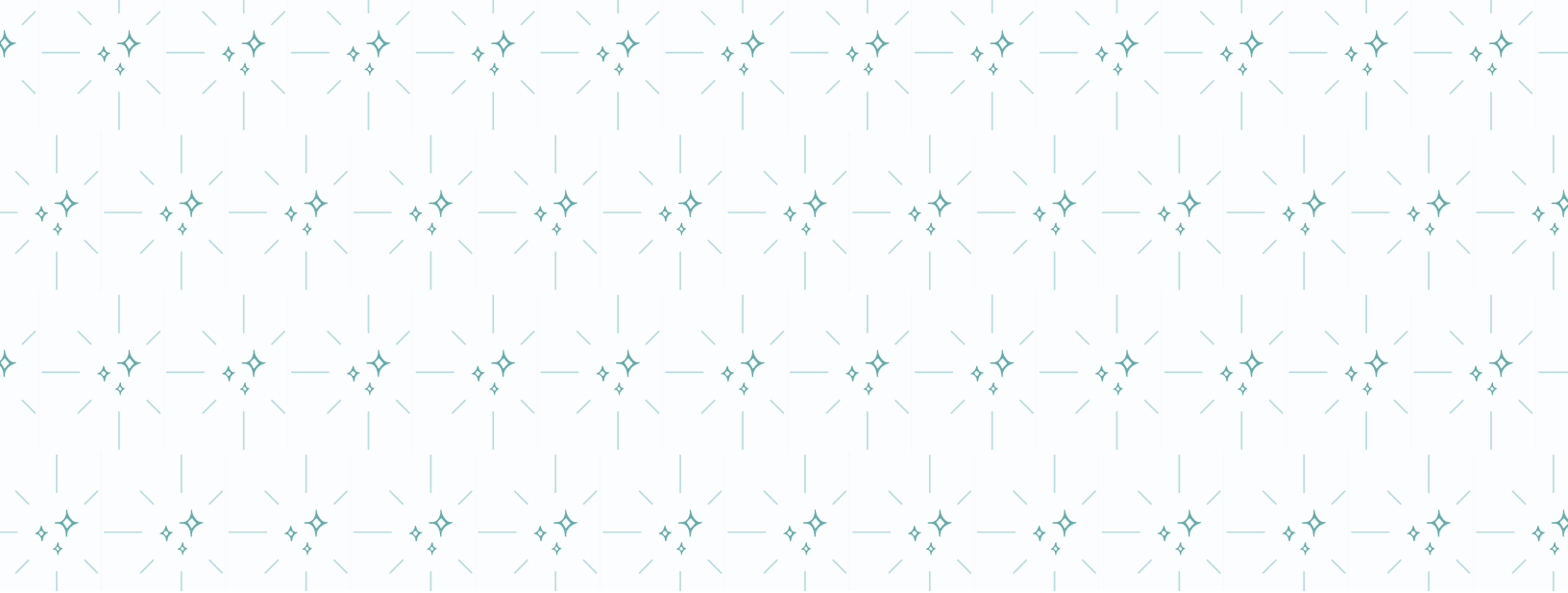
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Vegetables



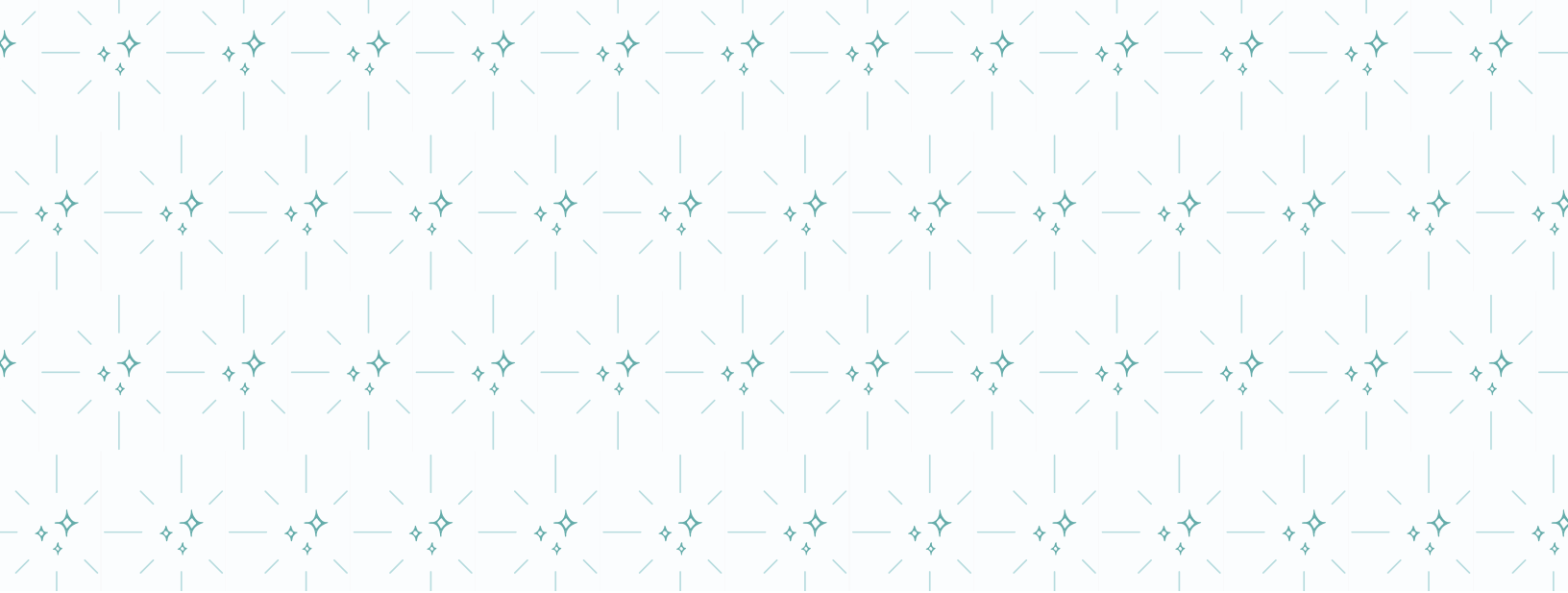
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Slow Cooker & Instant Pot



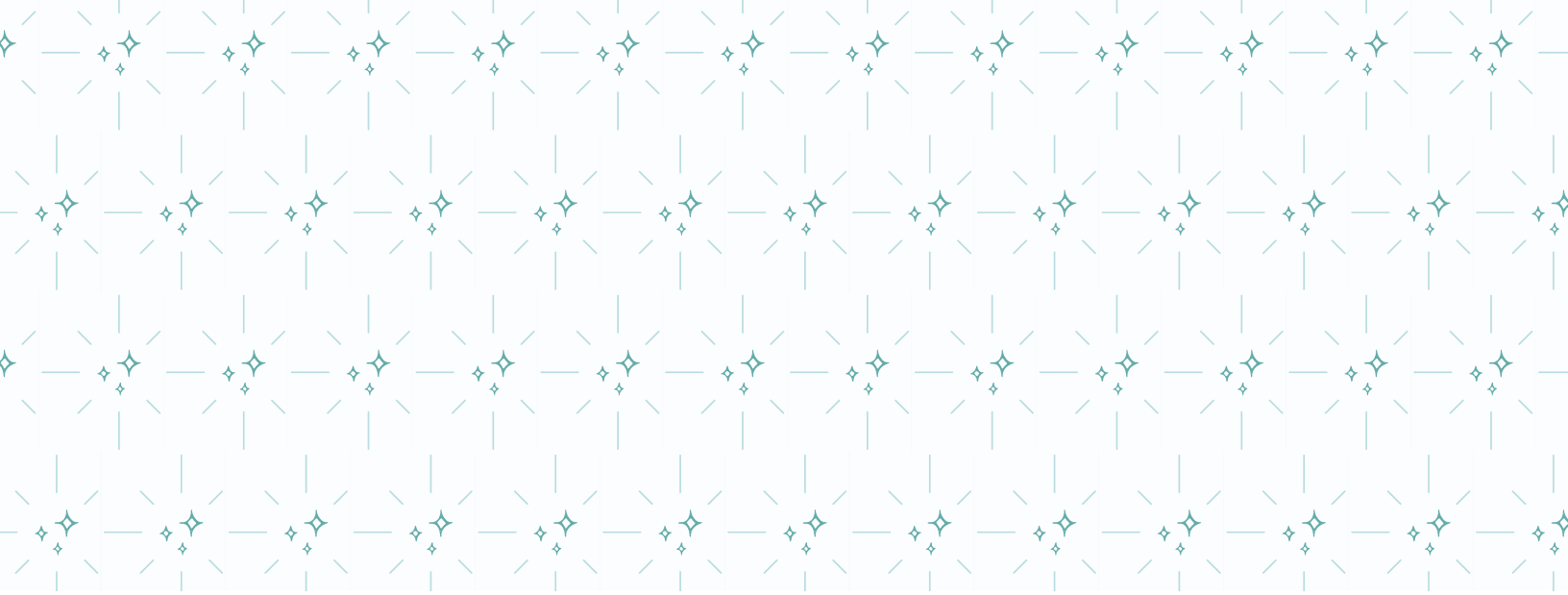
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Pizza



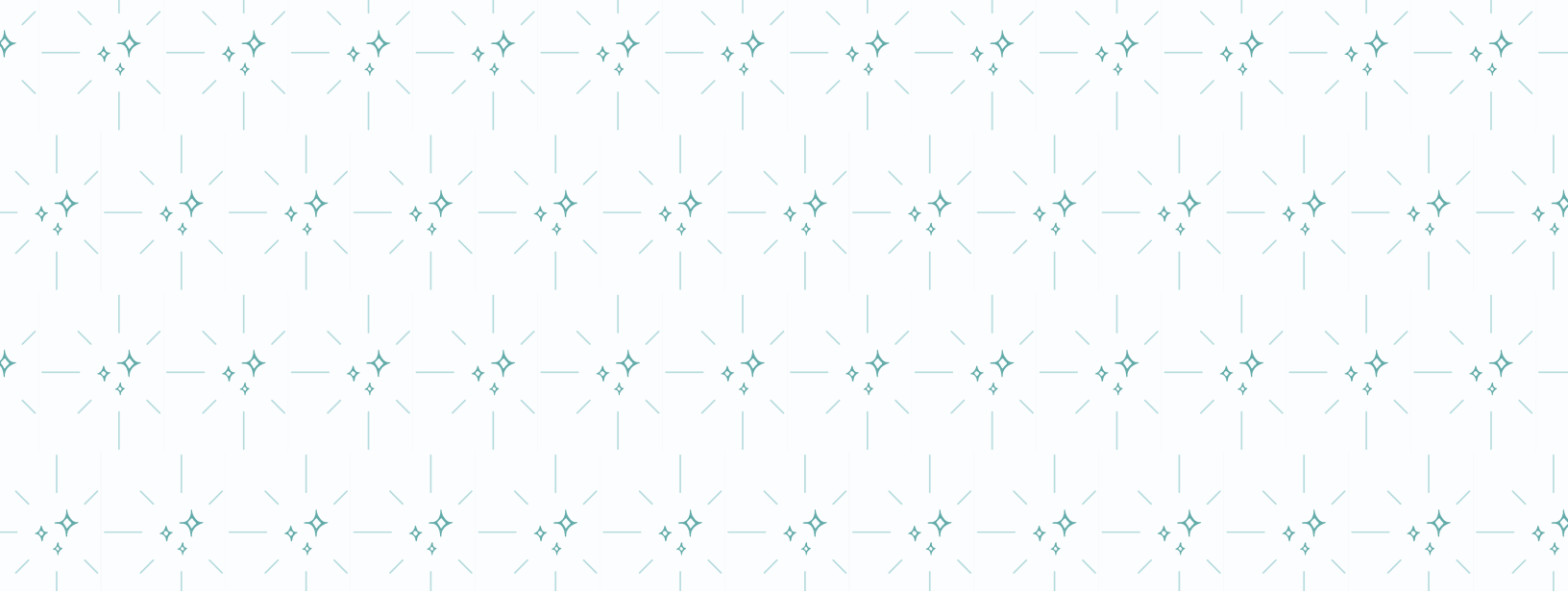
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On *the* Grill



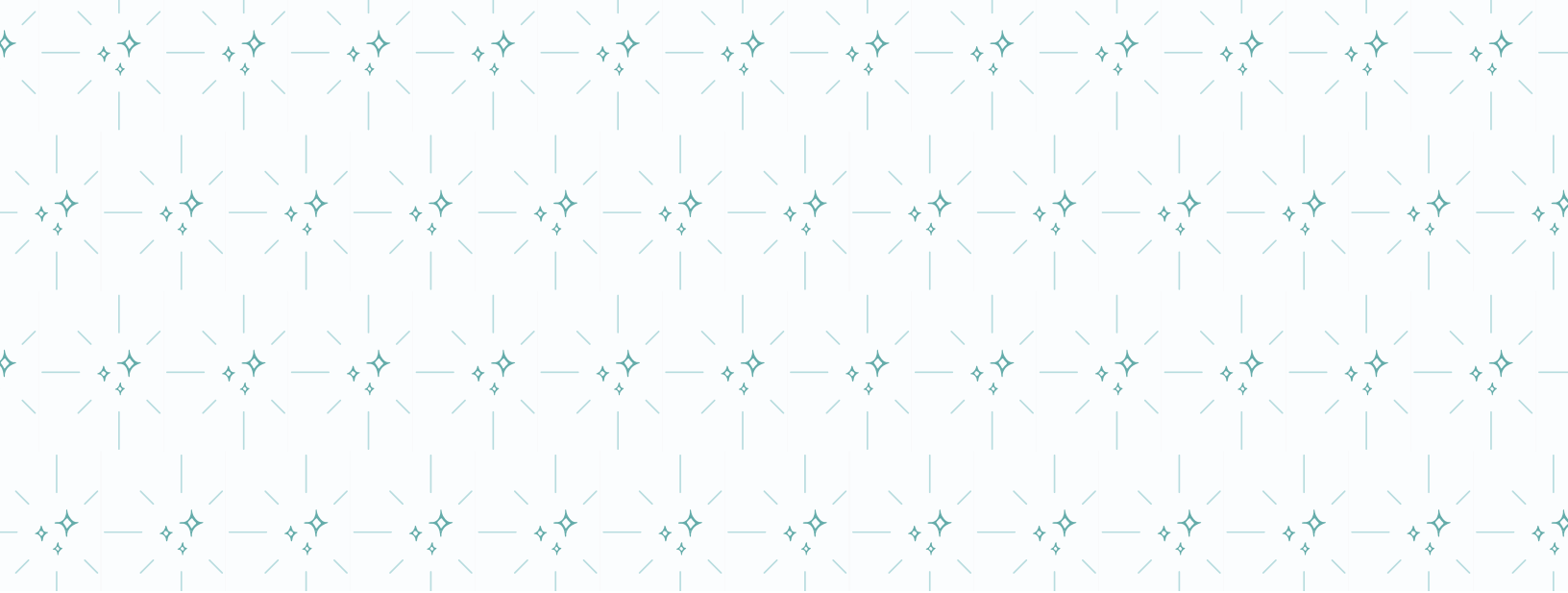
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Make Ahead



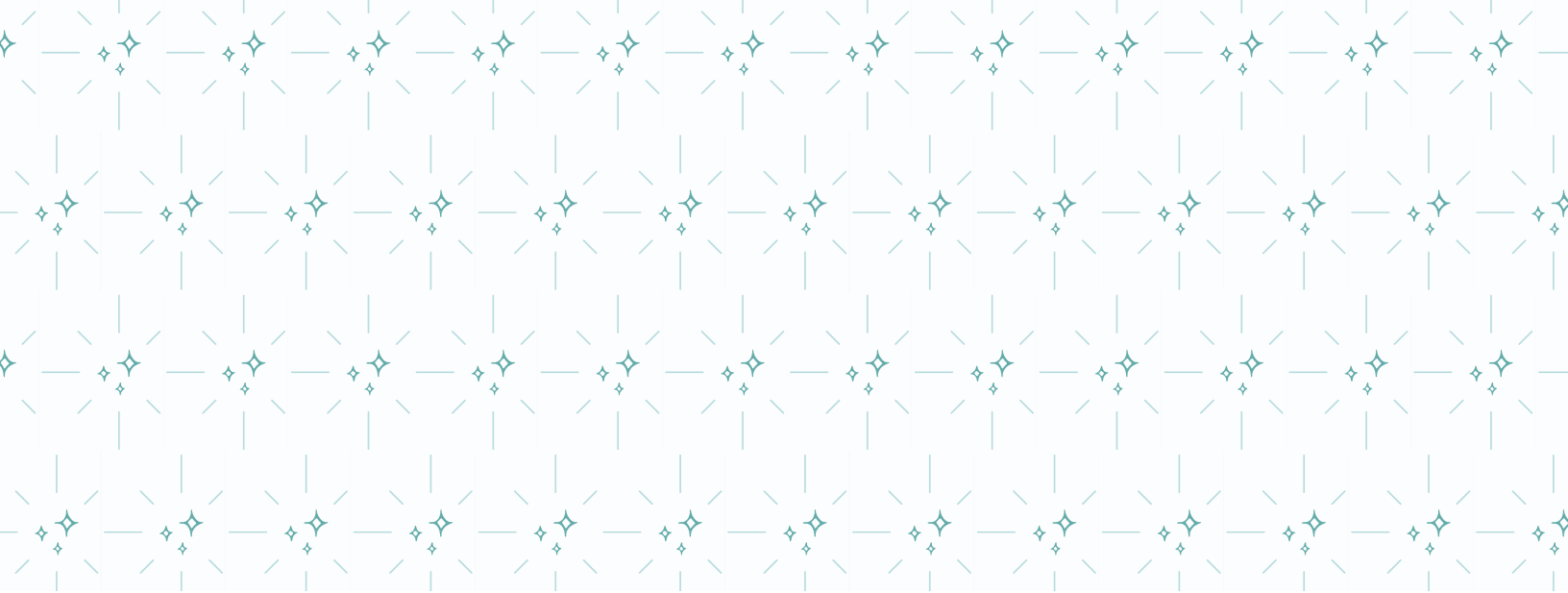
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Vegetarian



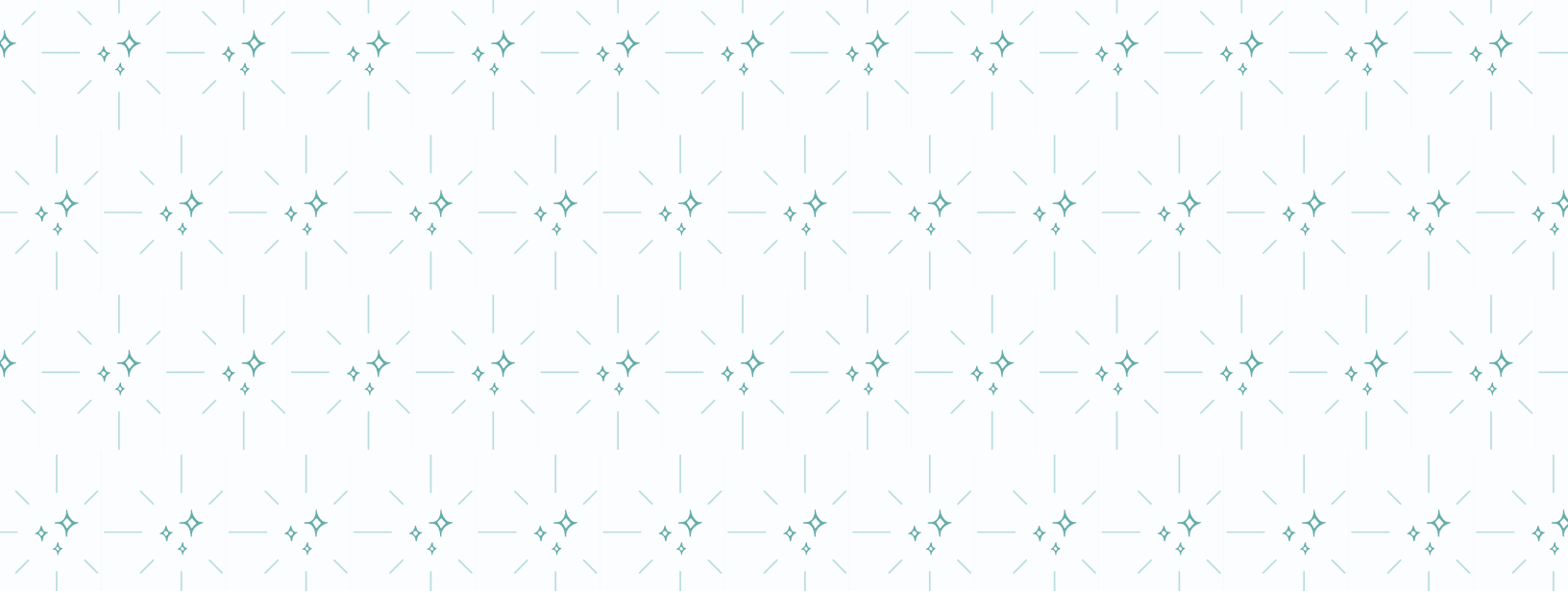
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Gluten-Free



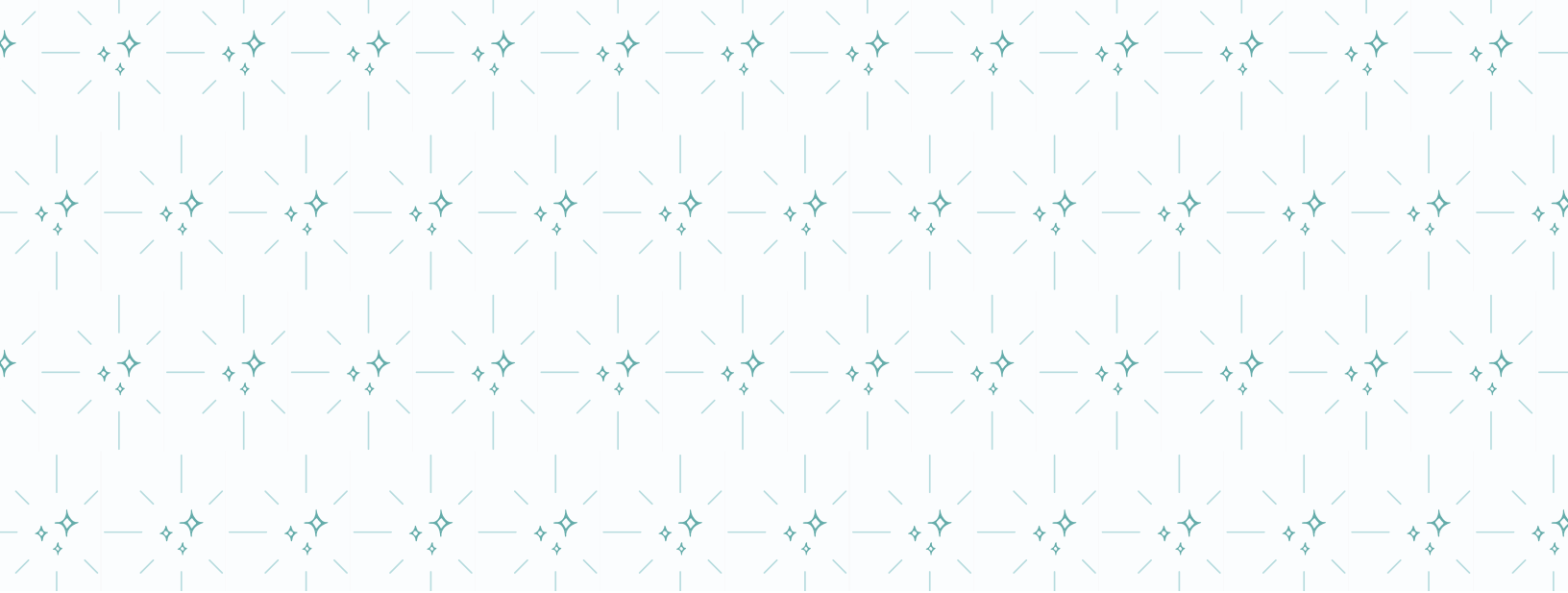
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Paleo



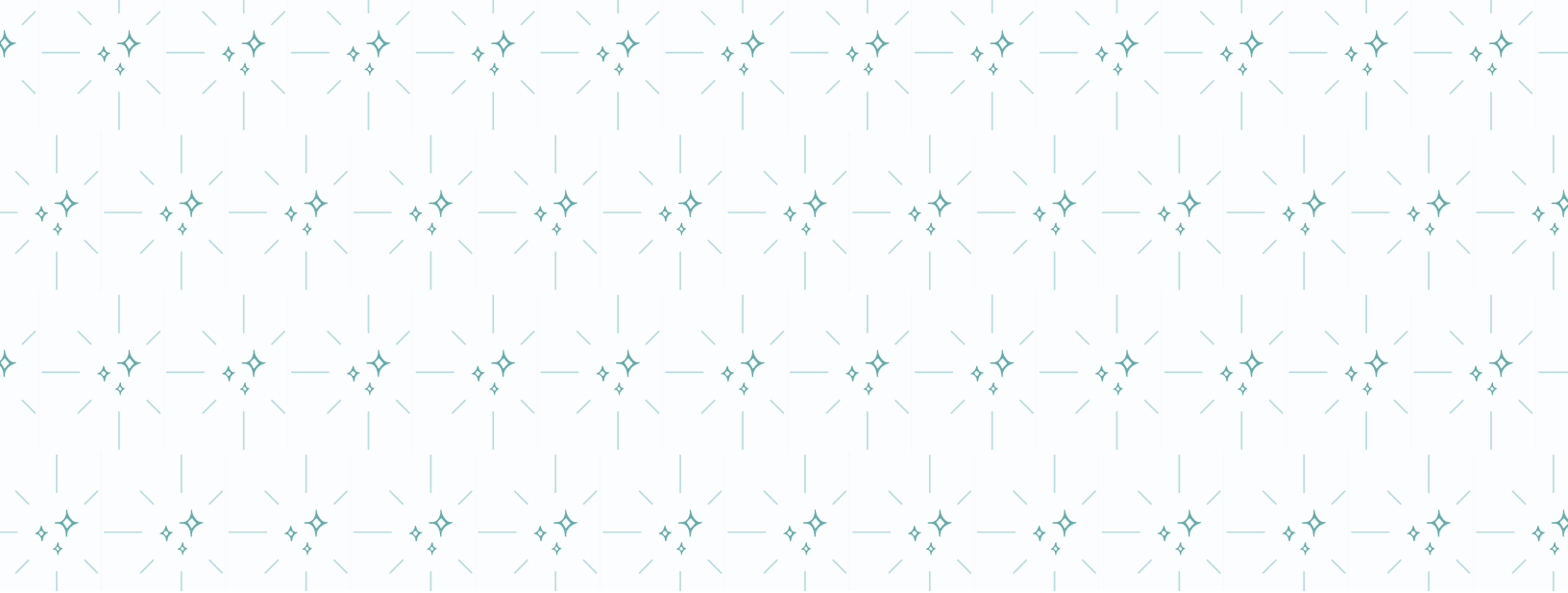
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Yeast Breads & Rolls



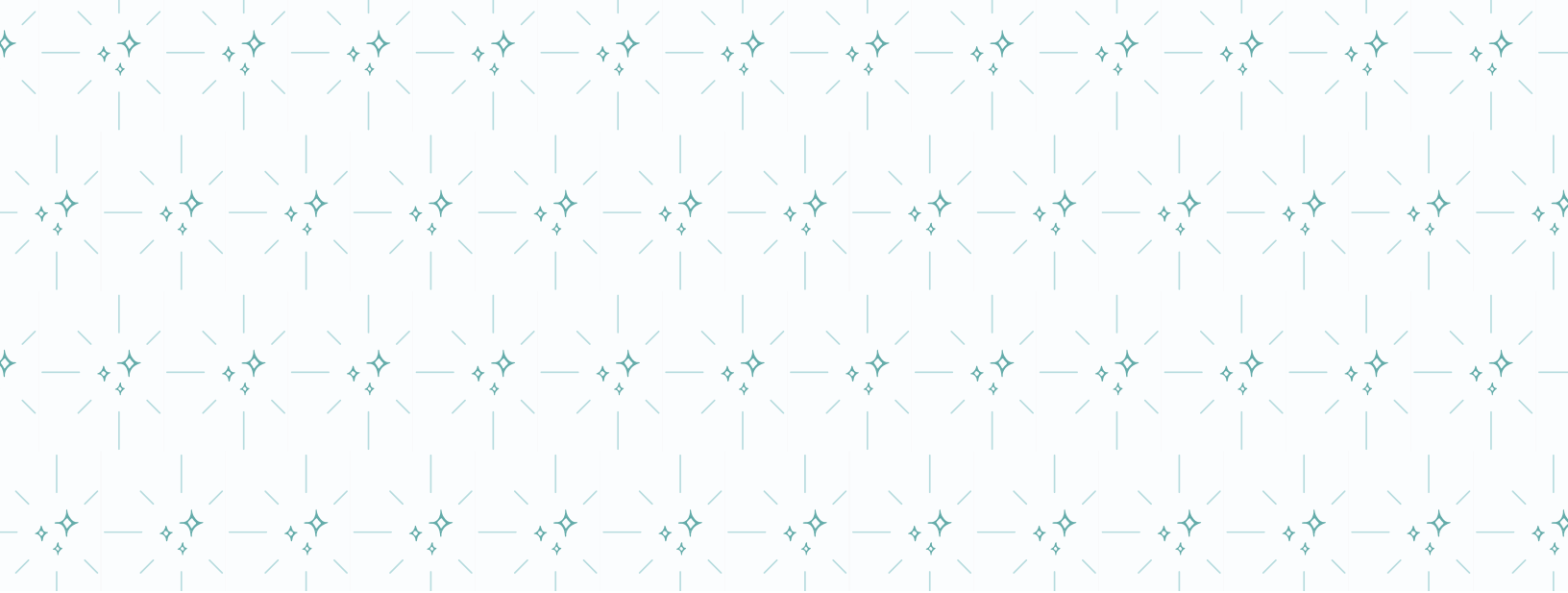
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Canning



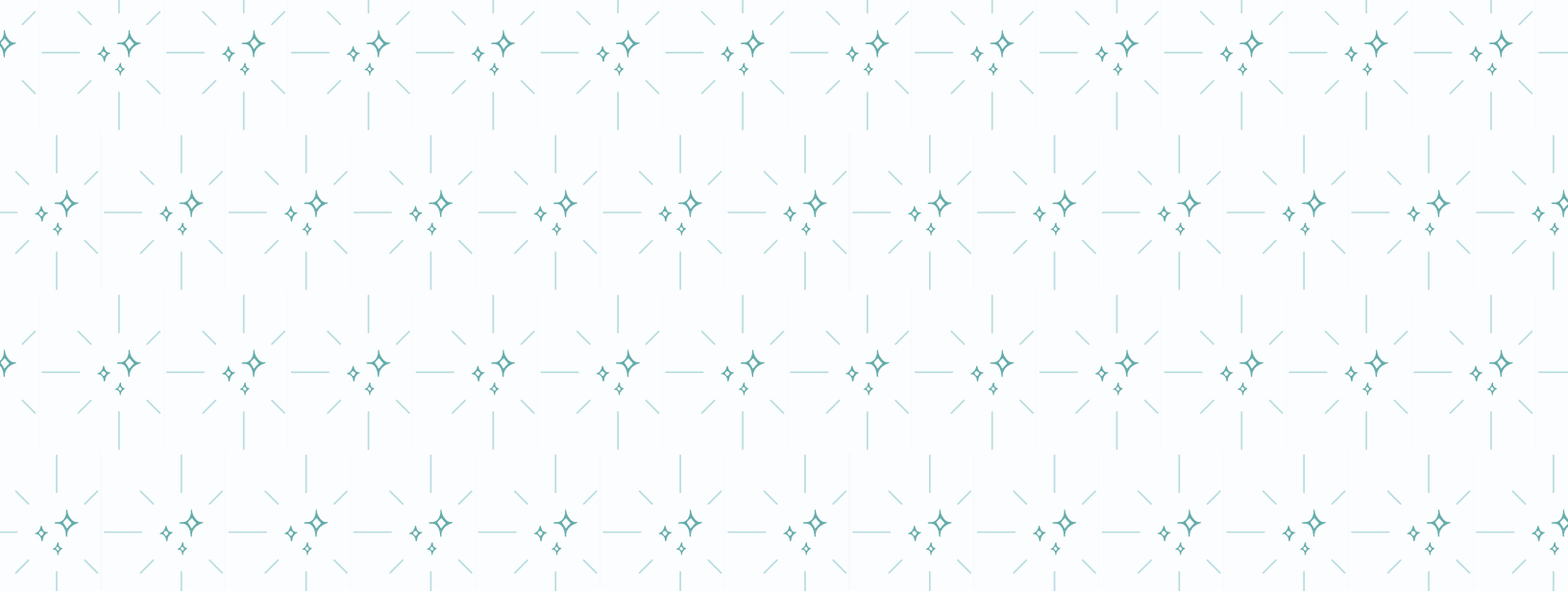
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Holidays & Celebrations



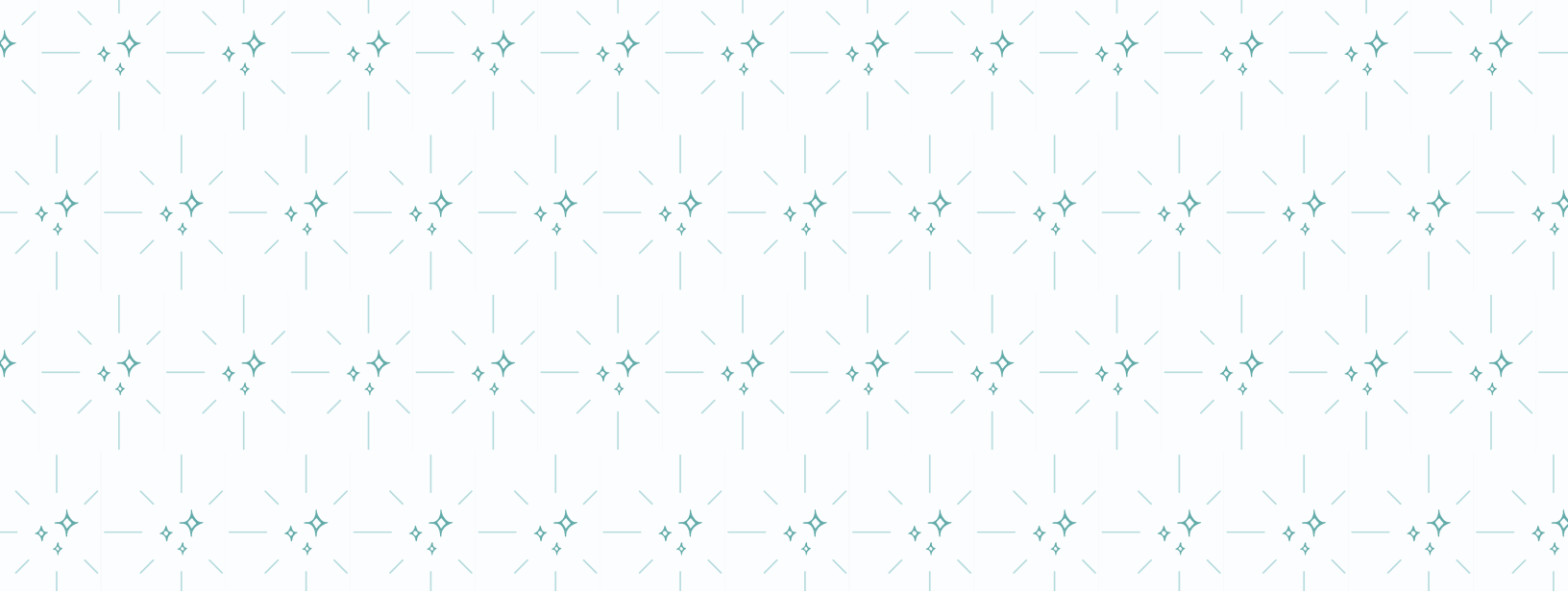
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Desserts



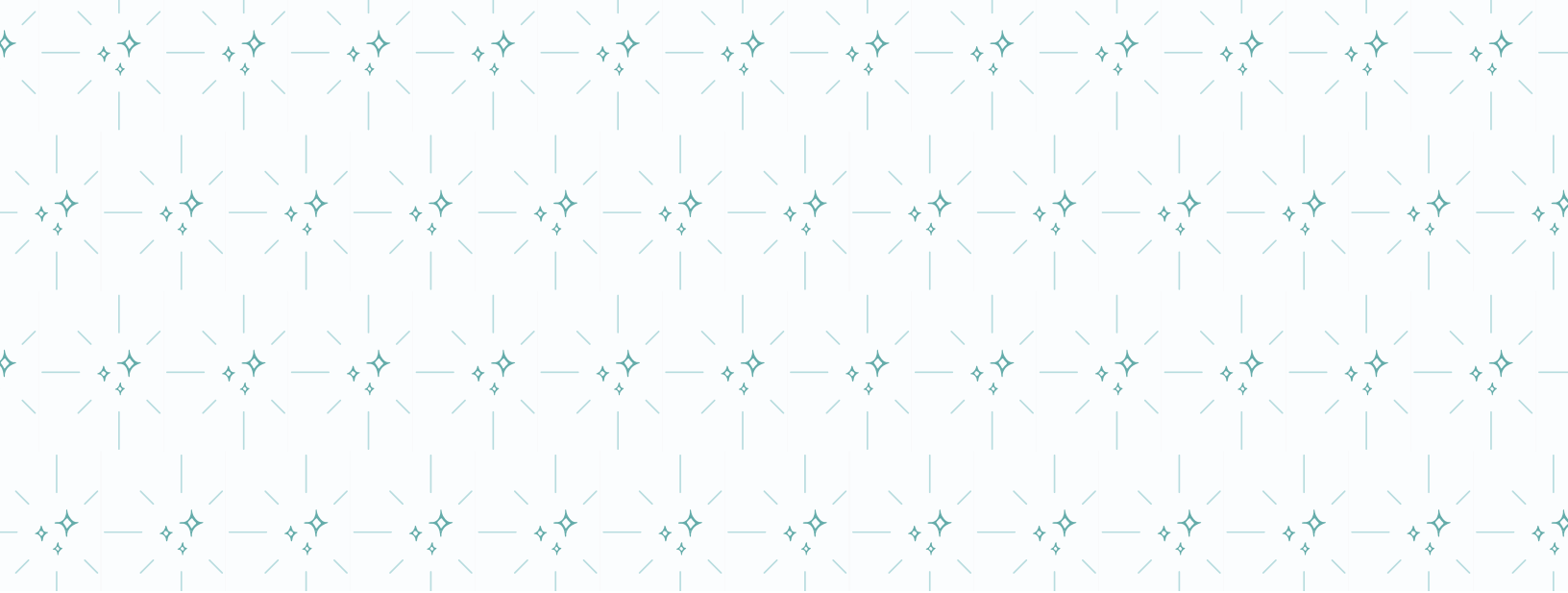
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Quick Breads



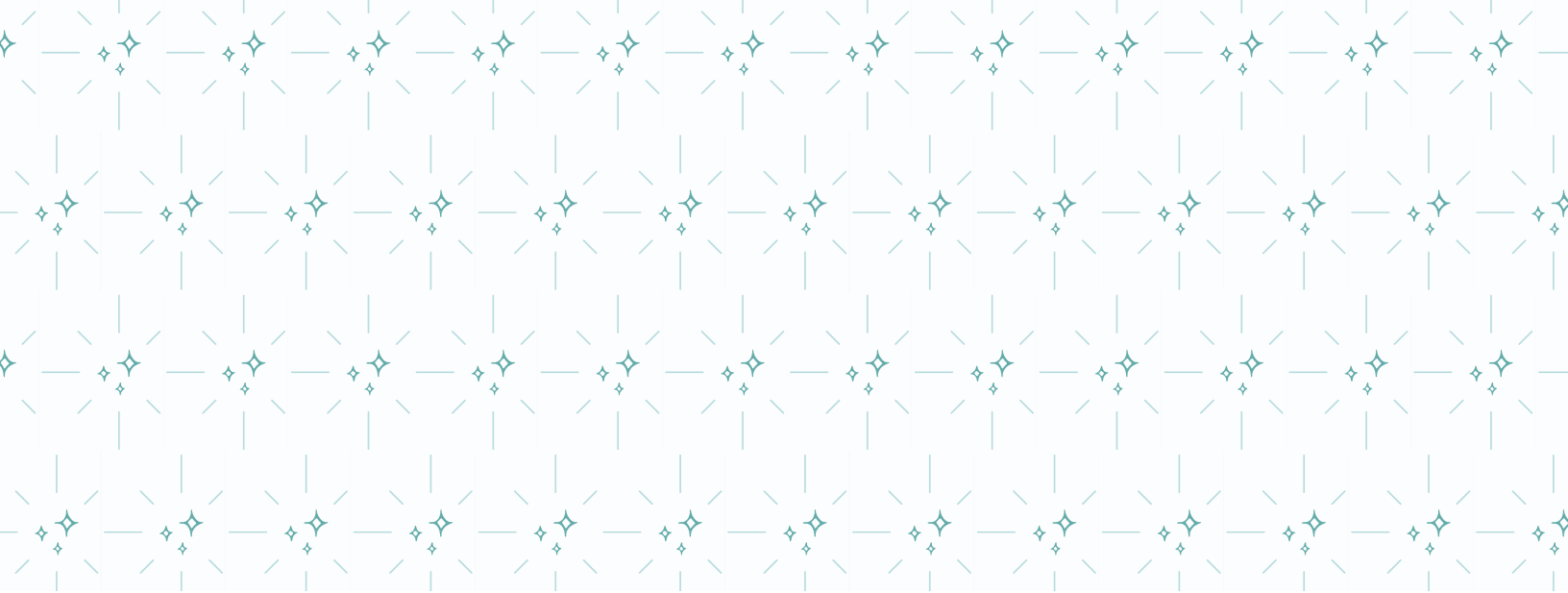
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Cakes & Frosting



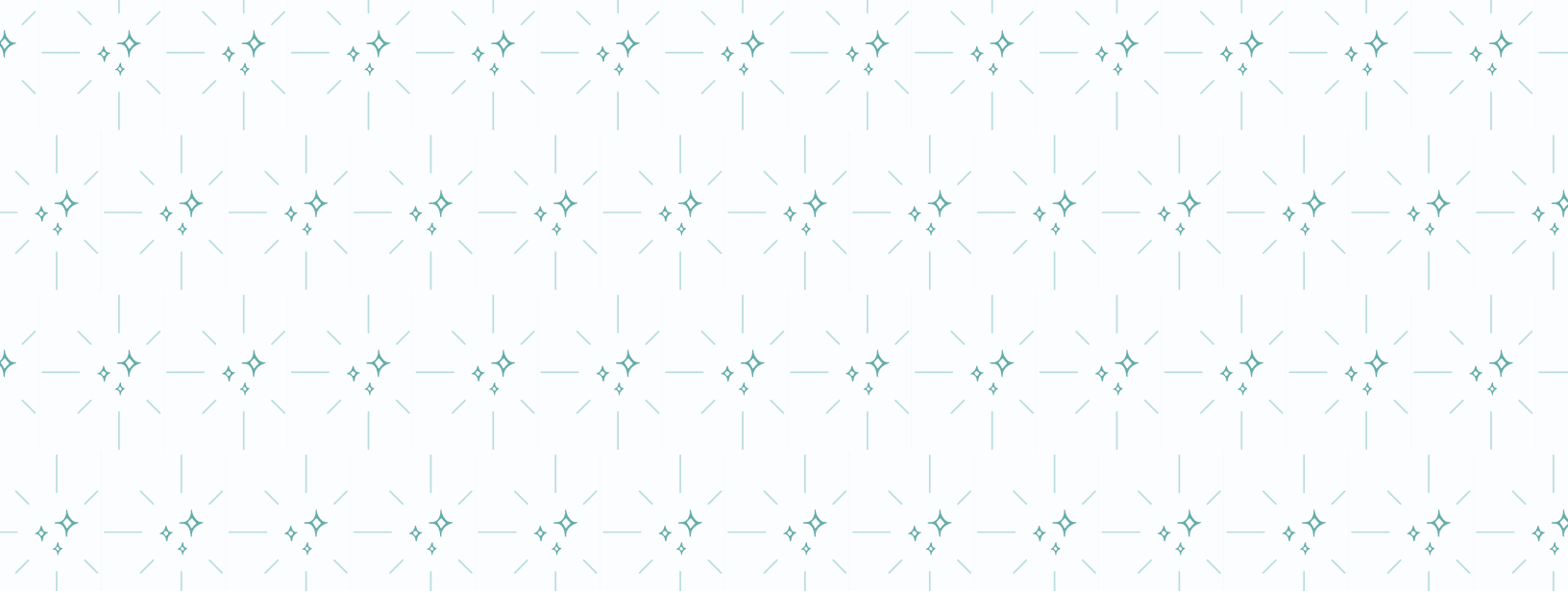
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Cookies & Candies



RECIPES

Pies & Tarts



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