TABLE 6. Itemized Ingredients for 1-Week Menu Plan

Ingredient	Amount Needed for 1 Week	Amount Needed for 3 Months (× 12)

TABLE 6. Itemized Ingredients for 1-Week Menu Plan

Ingredient	Amount Needed for 1 Week	Amount Needed for 3 Months (× 12)

TABLE 6. Itemized Ingredients for 1-Week Menu Plan

Ingredient	Amount Needed for 1 Week	Amount Needed for 3 Months (× 12)