

Menu Plan:

Make health-supportive cooking an integral part of your life and keep using food as your medicine.
Create your own menu plans using recipes from [The Cancer-Fighting Kitchen Cookbook](#) or Rebecca's [Recipe Box](#).

- Gather recipes & note the name of the book or magazine and page number below.
- Read through the recipes.
- Create the shopping list from the recipes and cross off the ingredients you already have.
- Plan your Prep & Kitchen Choreography.



RECIPES



Menu Plan:

PRODUCE

SPICES

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EQUIPMENT

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