| Weekly Prep List |  |  |  |
| :---: | :---: | :---: | :---: |
| Amount | Cutting Techniques | Baking Times | Baking Techniques |
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| Cooking Times | Cooking Techniques | Amount | Items to Thaw |
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|  | Other Mise en Place |  | Items to Use Up First (First In - First Out) |
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|  |  |  |  |
|  |  | LLERGY |  |

