



13:49

Filter



Your fridge

These are the items in your fridge that are about to expire. You can use them to make delicious meals. For example, you can make a salad with the lettuce and tomatoes, or a smoothie with the bananas and berries. You can also use the meat to make a burger or a steak. The fish can be used to make a fish and chips meal. The vegetables can be used to make a vegetable soup or a vegetable stir-fry. You can also use the fruit to make a fruit salad or a fruit smoothie. You can also use the dairy products to make a cheese and onion soup or a cheese and tomato soup. You can also use the eggs to make a scrambled egg or a fried egg. You can also use the bread to make a sandwich or a toast. You can also use the oil to make a salad dressing or a marinade. You can also use the vinegar to make a salad dressing or a marinade. You can also use the sugar to make a dessert or a drink. You can also use the salt to make a seasoning or a marinade. You can also use the pepper to make a seasoning or a marinade. You can also use the herbs to make a seasoning or a marinade. You can also use the spices to make a seasoning or a marinade. You can also use the oil to make a salad dressing or a marinade. You can also use the vinegar to make a salad dressing or a marinade. You can also use the sugar to make a dessert or a drink. You can also use the salt to make a seasoning or a marinade. You can also use the pepper to make a seasoning or a marinade. You can also use the herbs to make a seasoning or a marinade. You can also use the spices to make a seasoning or a marinade.

near expire

These are the items in your fridge that are about to expire. You can use them to make delicious meals. For example, you can make a salad with the lettuce and tomatoes, or a smoothie with the bananas and berries. You can also use the meat to make a burger or a steak. The fish can be used to make a fish and chips meal. The vegetables can be used to make a vegetable soup or a vegetable stir-fry. You can also use the fruit to make a fruit salad or a fruit smoothie. You can also use the dairy products to make a cheese and onion soup or a cheese and tomato soup. You can also use the eggs to make a scrambled egg or a fried egg. You can also use the bread to make a sandwich or a toast. You can also use the oil to make a salad dressing or a marinade. You can also use the vinegar to make a salad dressing or a marinade. You can also use the sugar to make a dessert or a drink. You can also use the salt to make a seasoning or a marinade. You can also use the pepper to make a seasoning or a marinade. You can also use the herbs to make a seasoning or a marinade. You can also use the spices to make a seasoning or a marinade.

[Suggest recipes](#)

shopping cart

These are the items in your shopping cart. You can use them to make delicious meals. For example, you can make a salad with the lettuce and tomatoes, or a smoothie with the bananas and berries. You can also use the meat to make a burger or a steak. The fish can be used to make a fish and chips meal. The vegetables can be used to make a vegetable soup or a vegetable stir-fry. You can also use the fruit to make a fruit salad or a fruit smoothie. You can also use the dairy products to make a cheese and onion soup or a cheese and tomato soup. You can also use the eggs to make a scrambled egg or a fried egg. You can also use the bread to make a sandwich or a toast. You can also use the oil to make a salad dressing or a marinade. You can also use the vinegar to make a salad dressing or a marinade. You can also use the sugar to make a dessert or a drink. You can also use the salt to make a seasoning or a marinade. You can also use the pepper to make a seasoning or a marinade. You can also use the herbs to make a seasoning or a marinade. You can also use the spices to make a seasoning or a marinade.

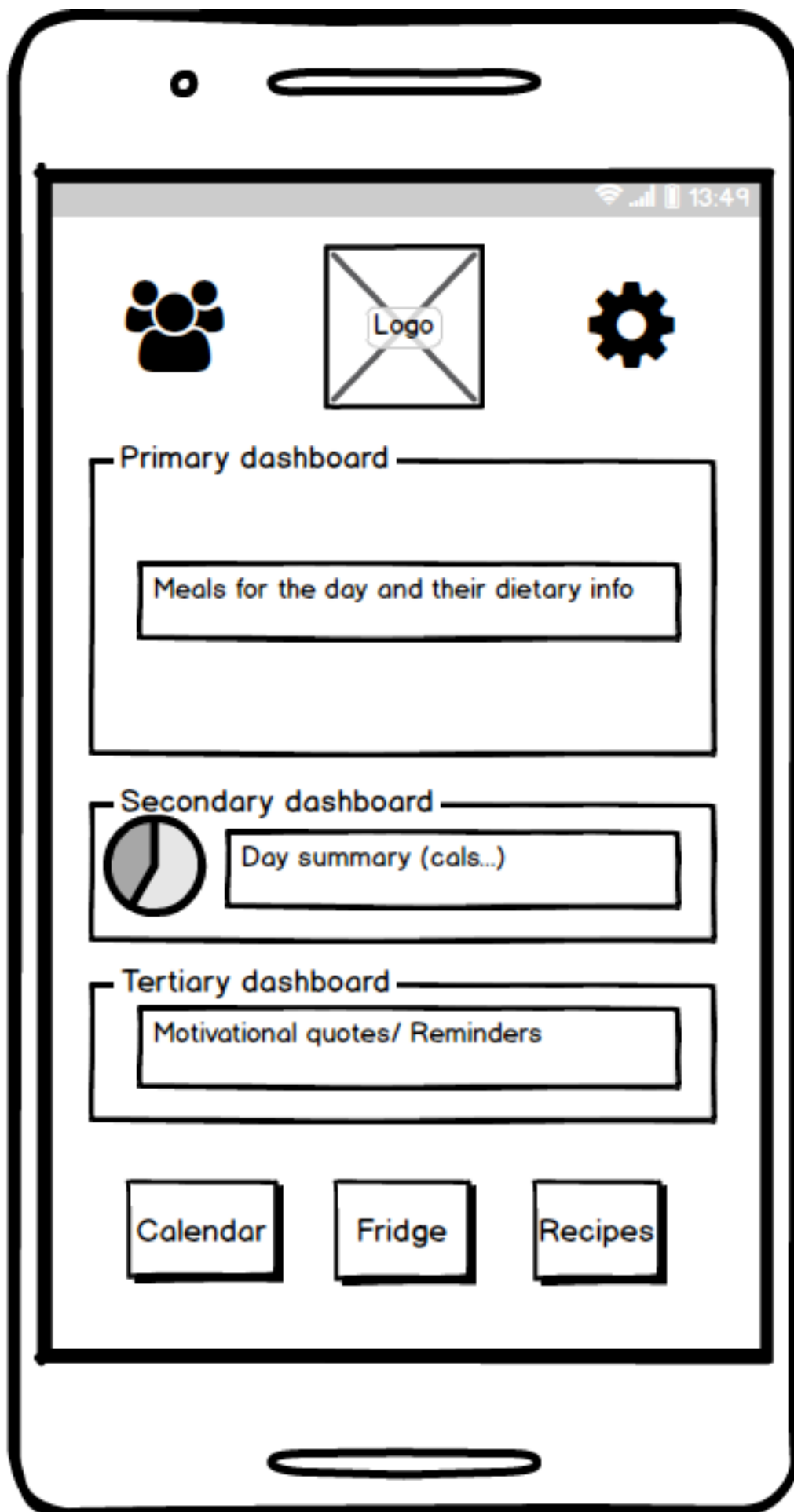
[Buy](#)

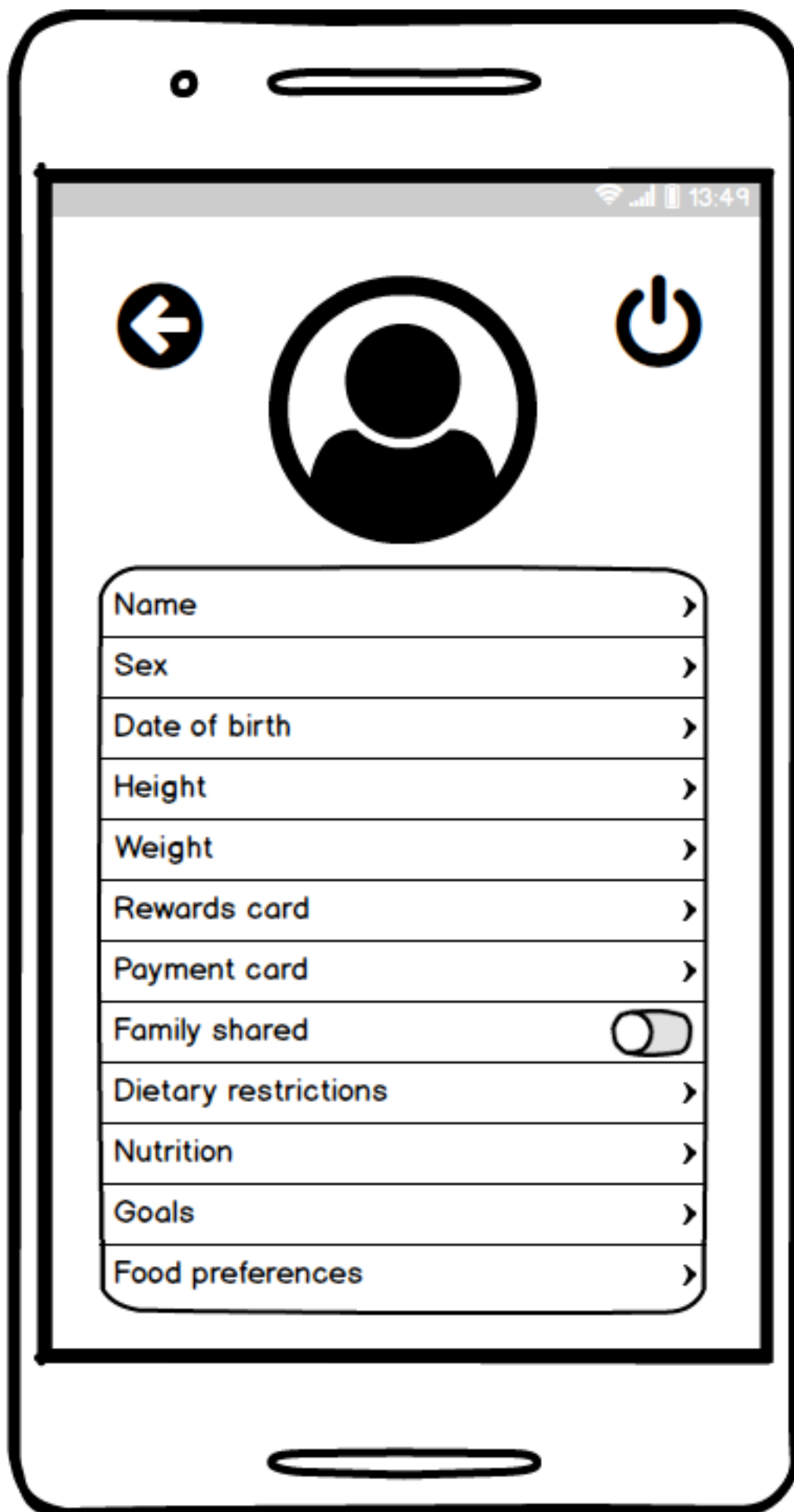
Calendar

Home

Recipes



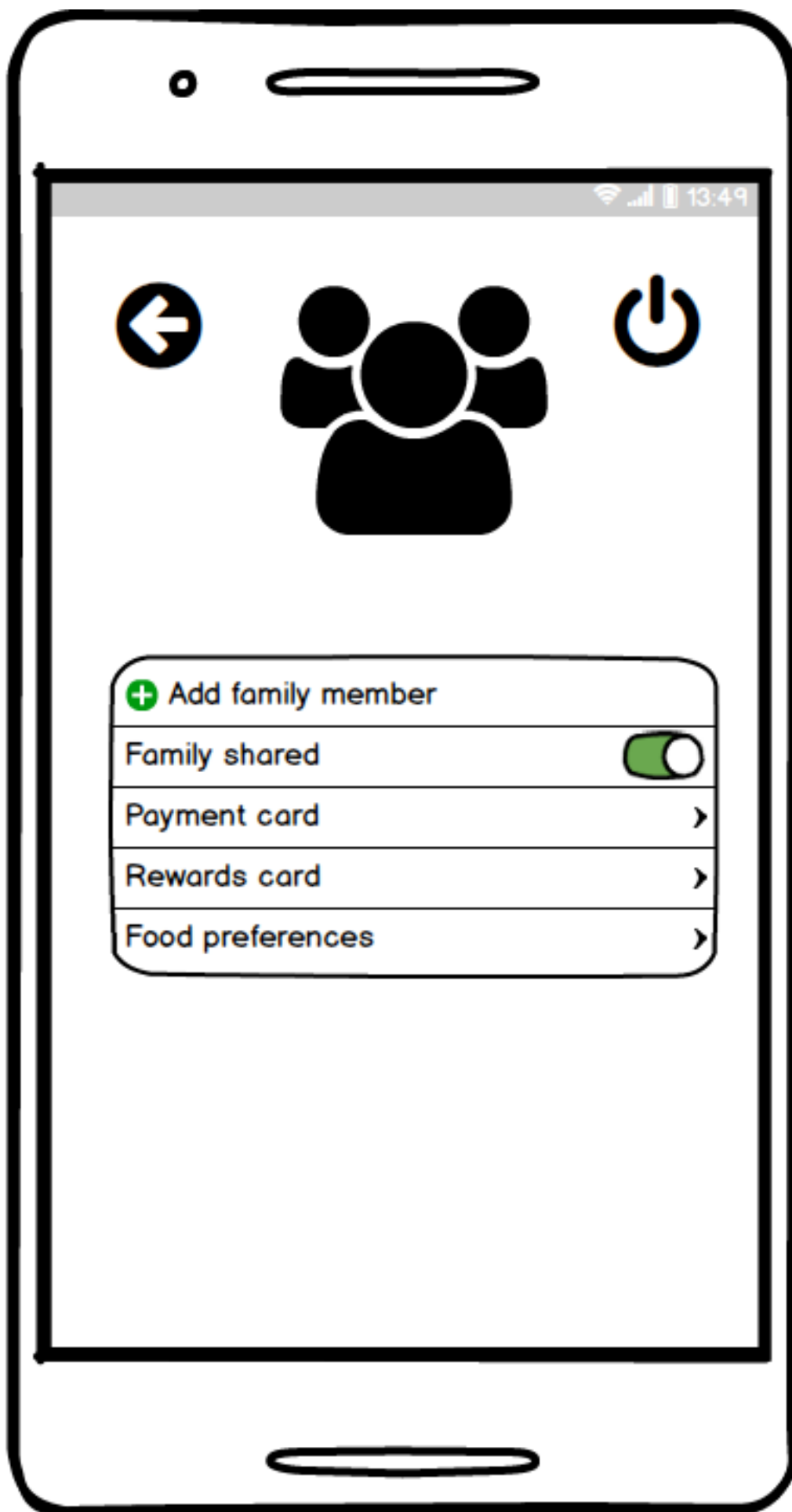


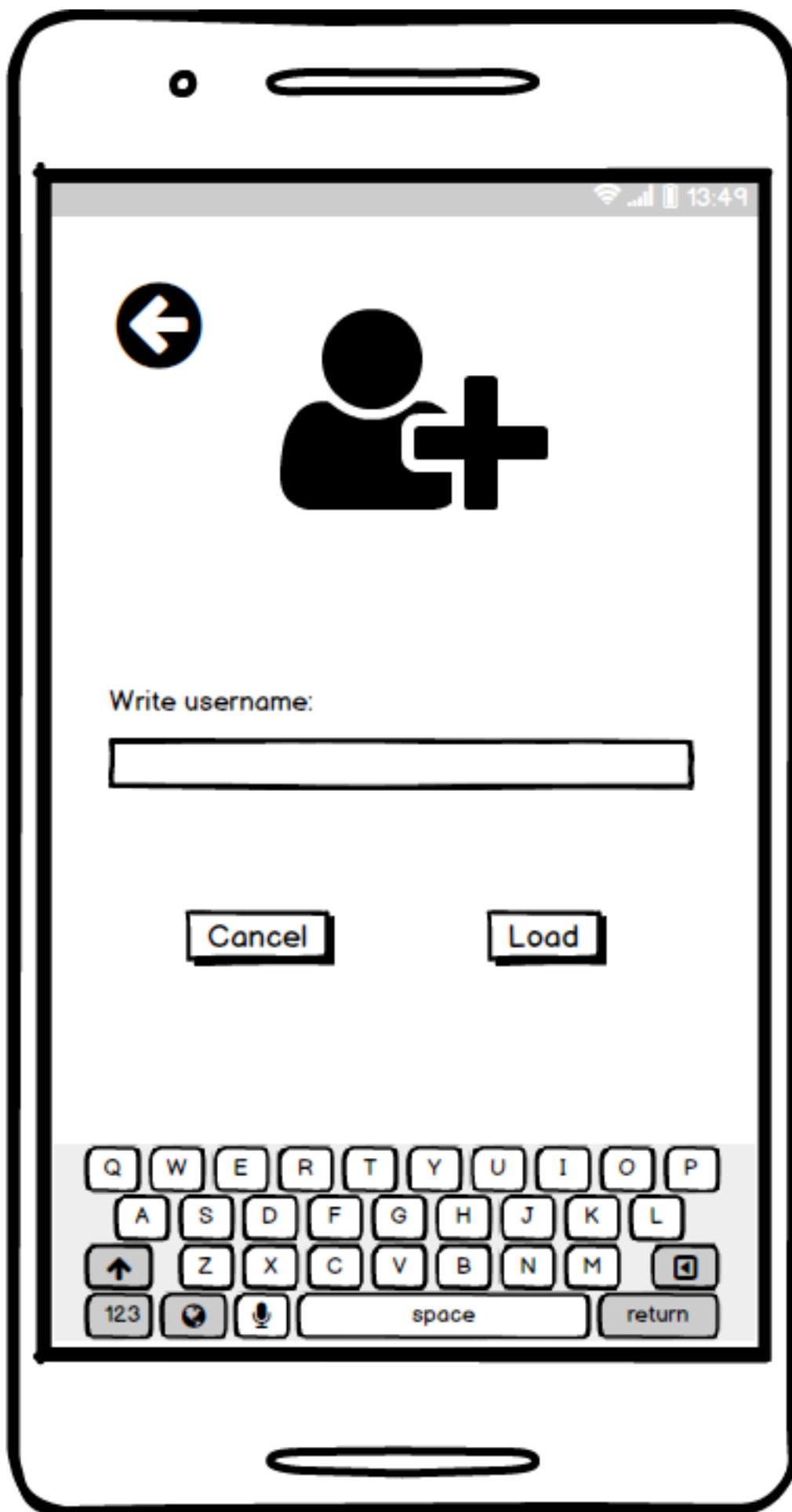


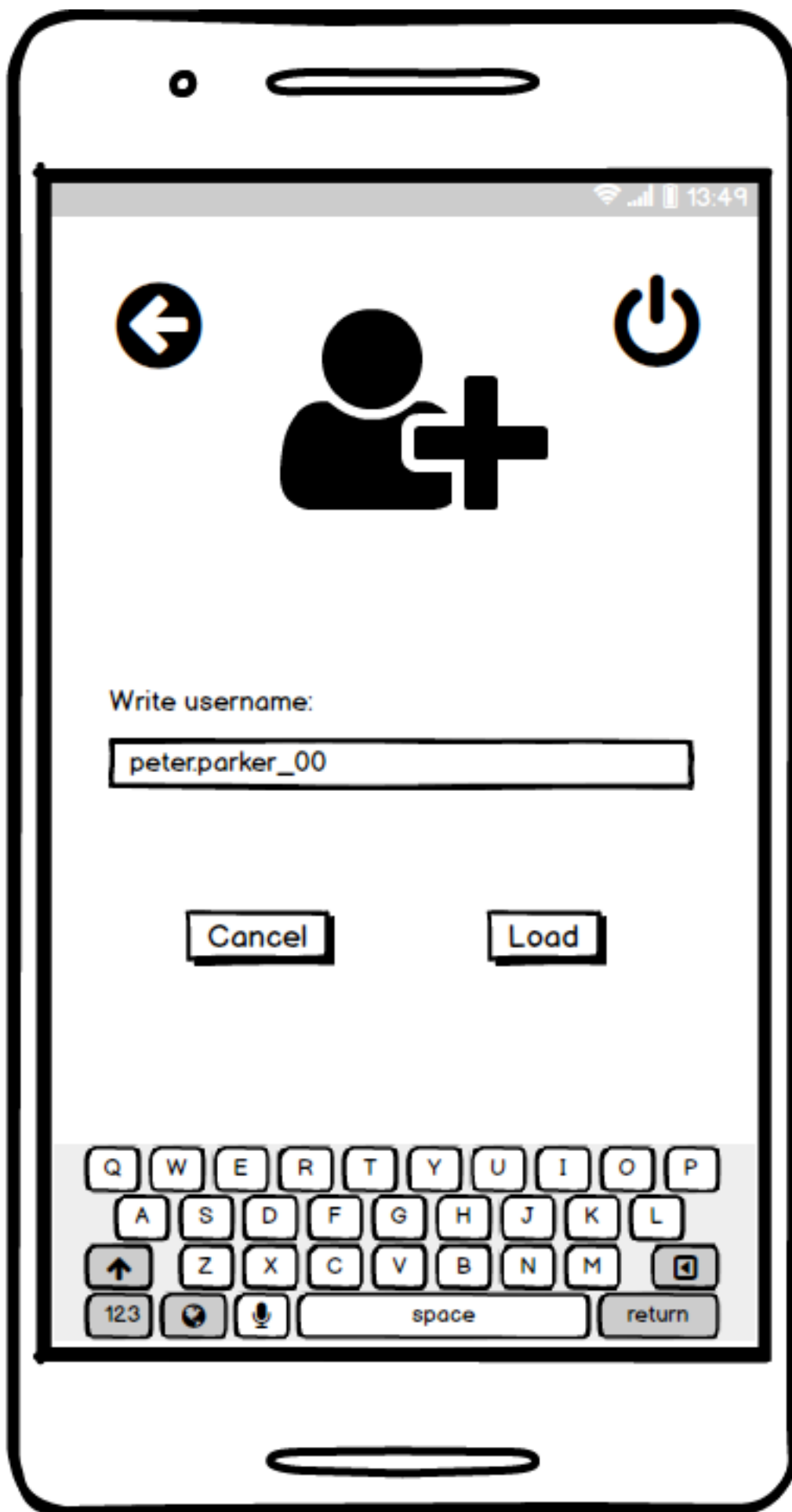
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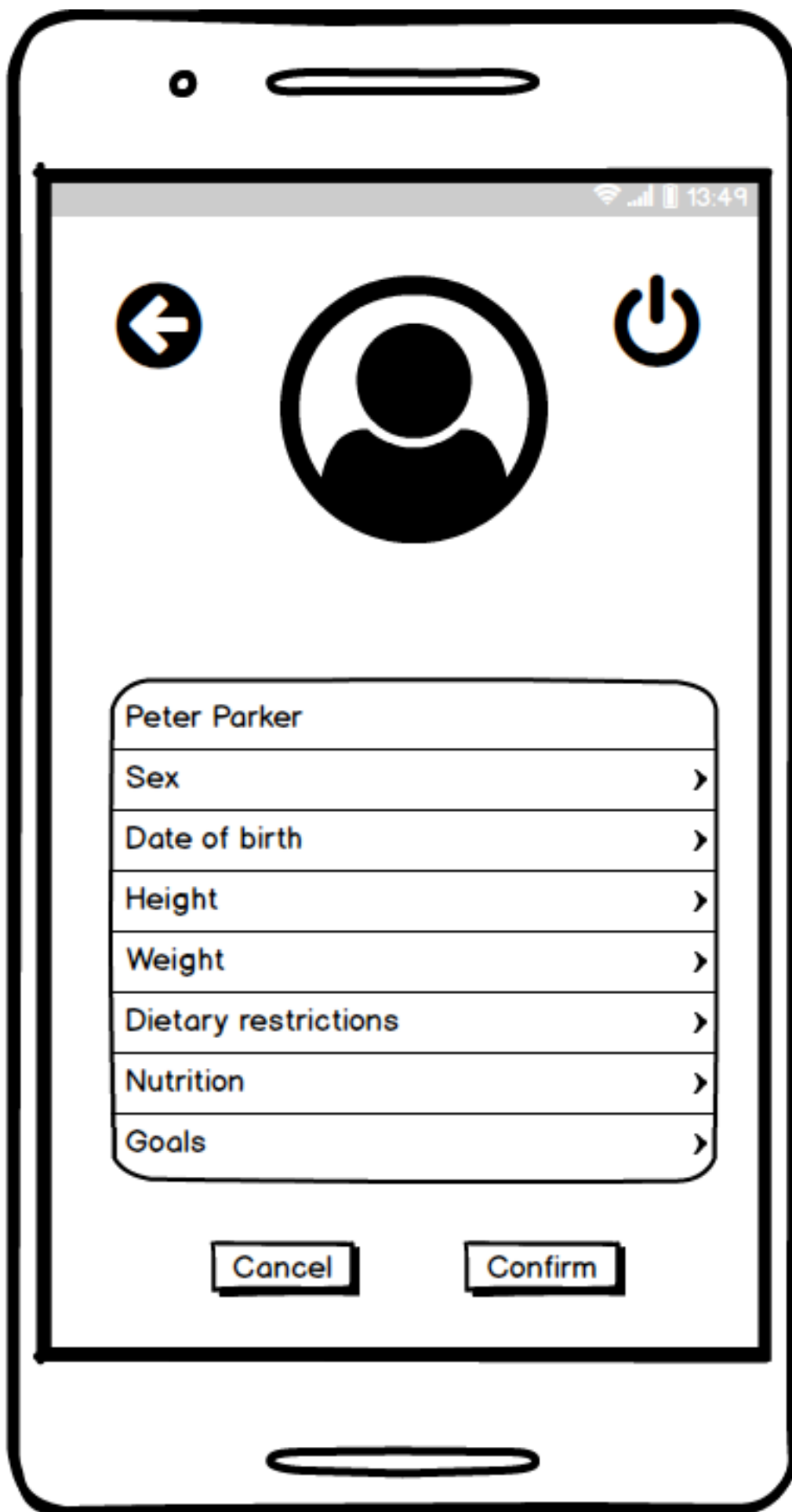


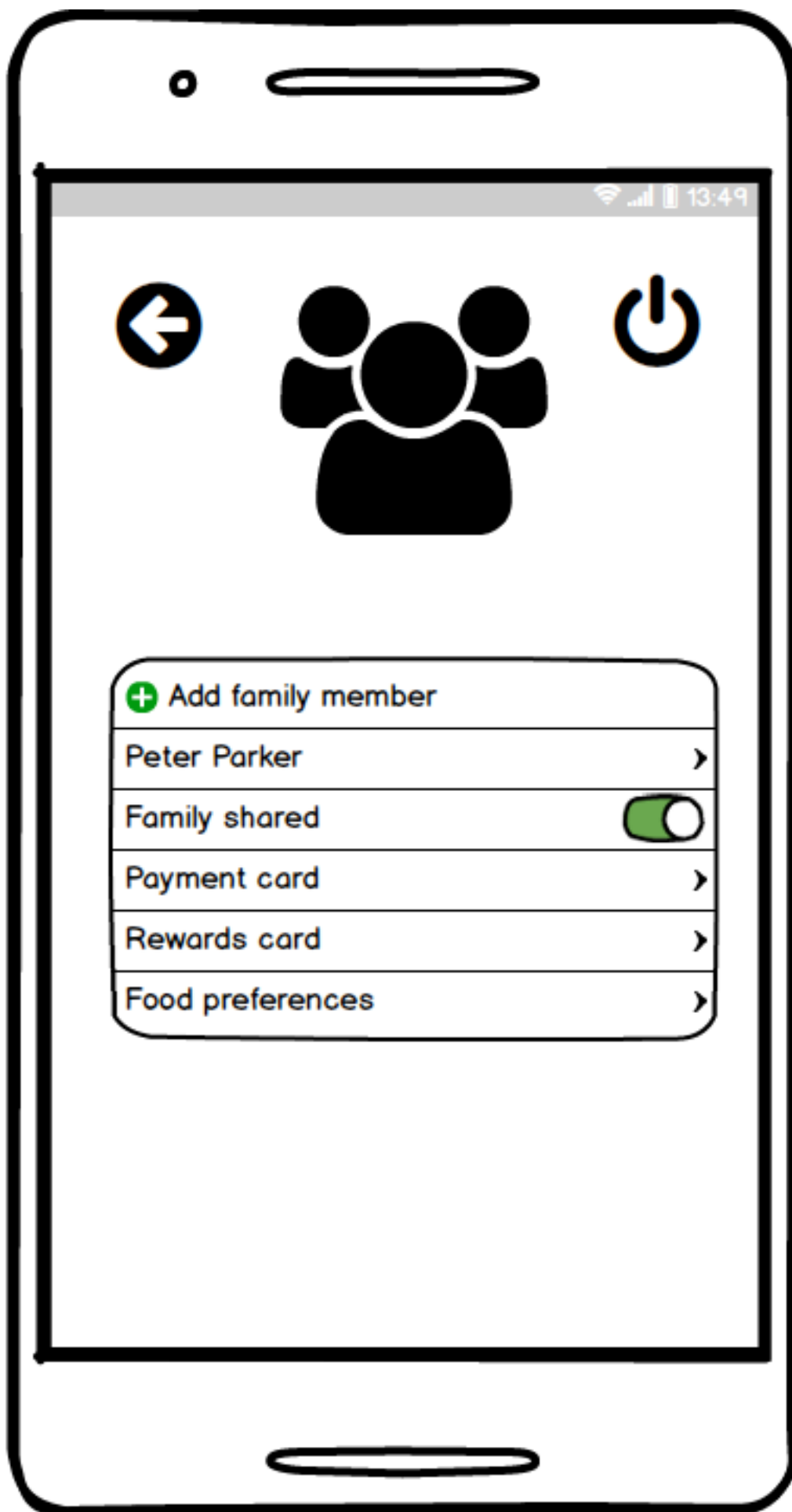
- | | |
|----------------------|--------------------------|
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| Sex | > |
| Date of birth | > |
| Height | > |
| Weight | > |
| Rewards card | > |
| Payment card | > |
| Family shared | <input type="checkbox"/> |
| Dietary restrictions | > |
| Nutrition | > |
| Goals | > |
| Food preferences | > |

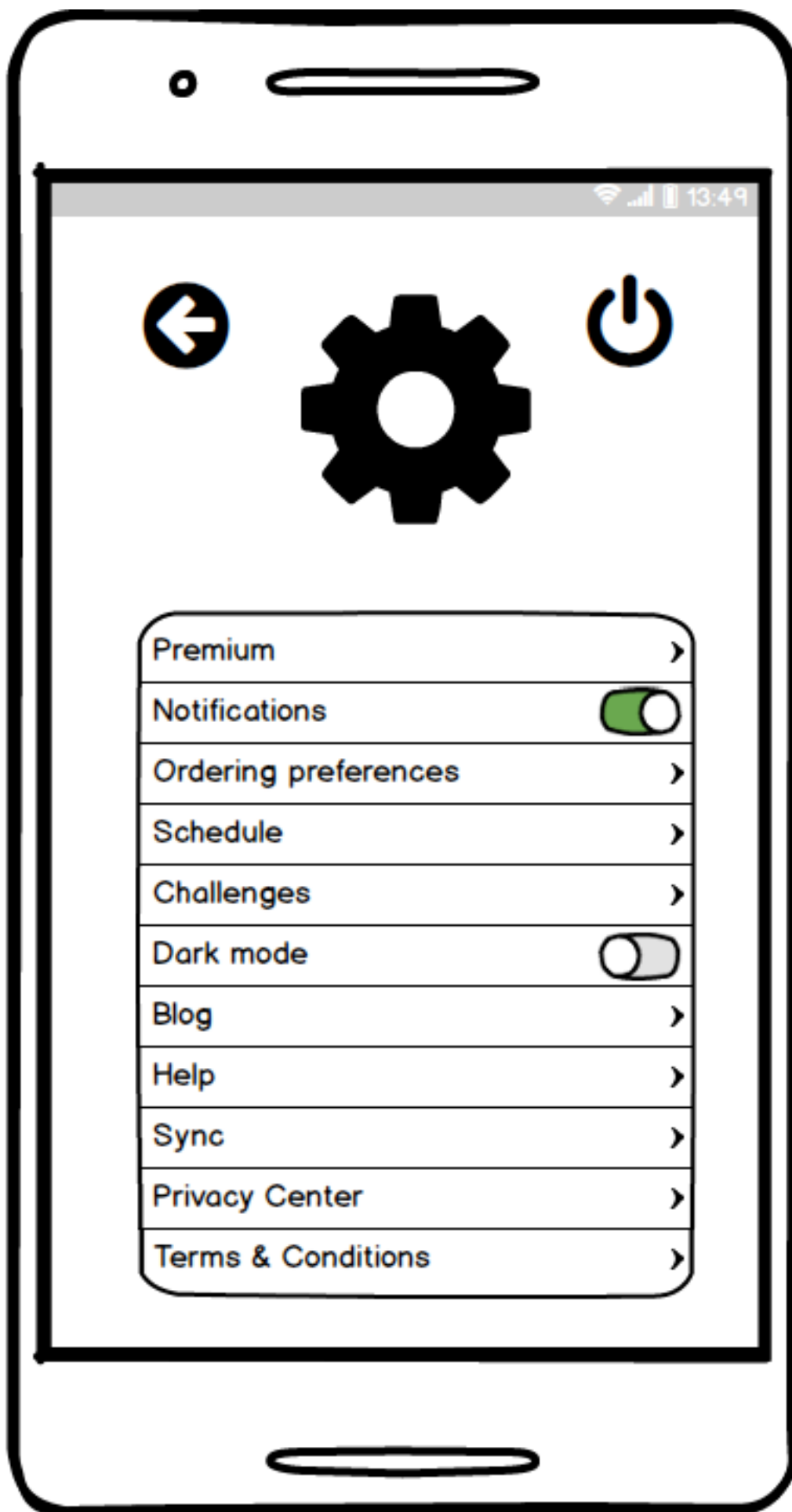


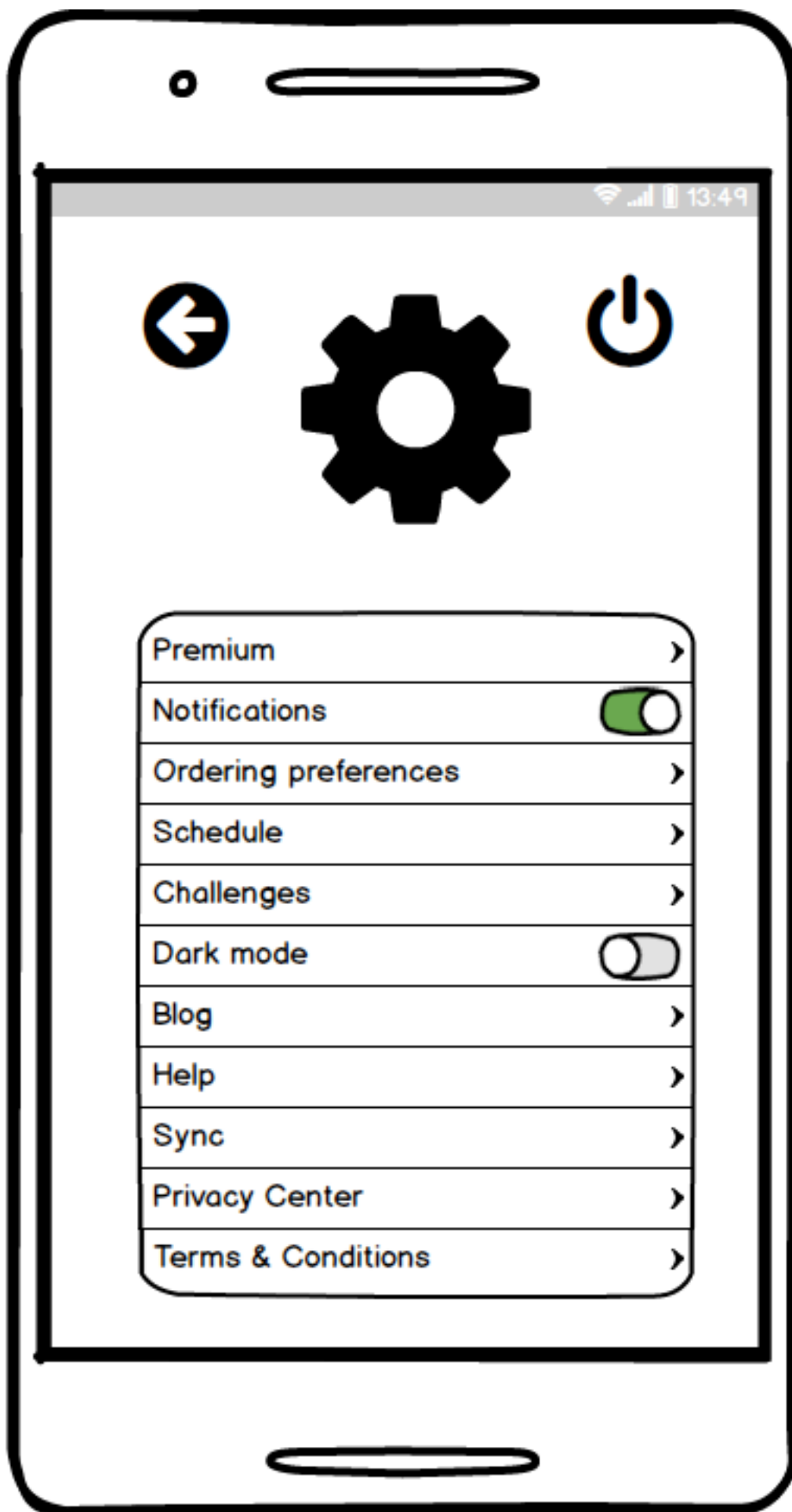













clear

logo


gener/edit

Selected Date (Oct. 25) 


Breakfast

Name ⌚ 30' ★★ 

Lunch

Name ⌚ 40' ★★★ 

Dinner

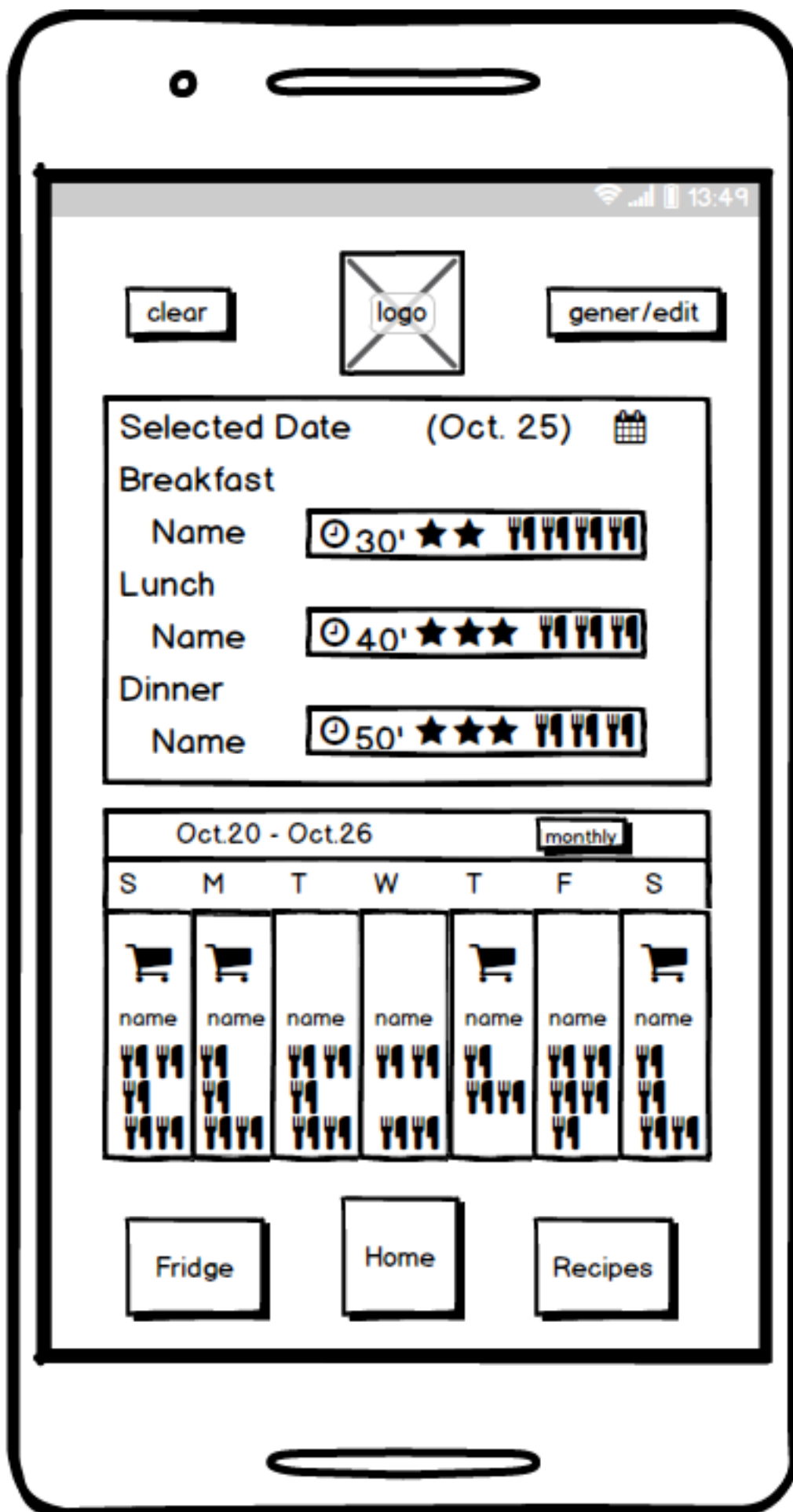
Name ⌚ 50' ★★★ 

OCTOBER 2019 weekly						
S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Fridge

Home

Recipes





13:49

clear

logo

gener/edit

Selected Date (Oct. 25) 

Breakfast

Lunch

Dinner

Oct.20 - Oct.26

monthly

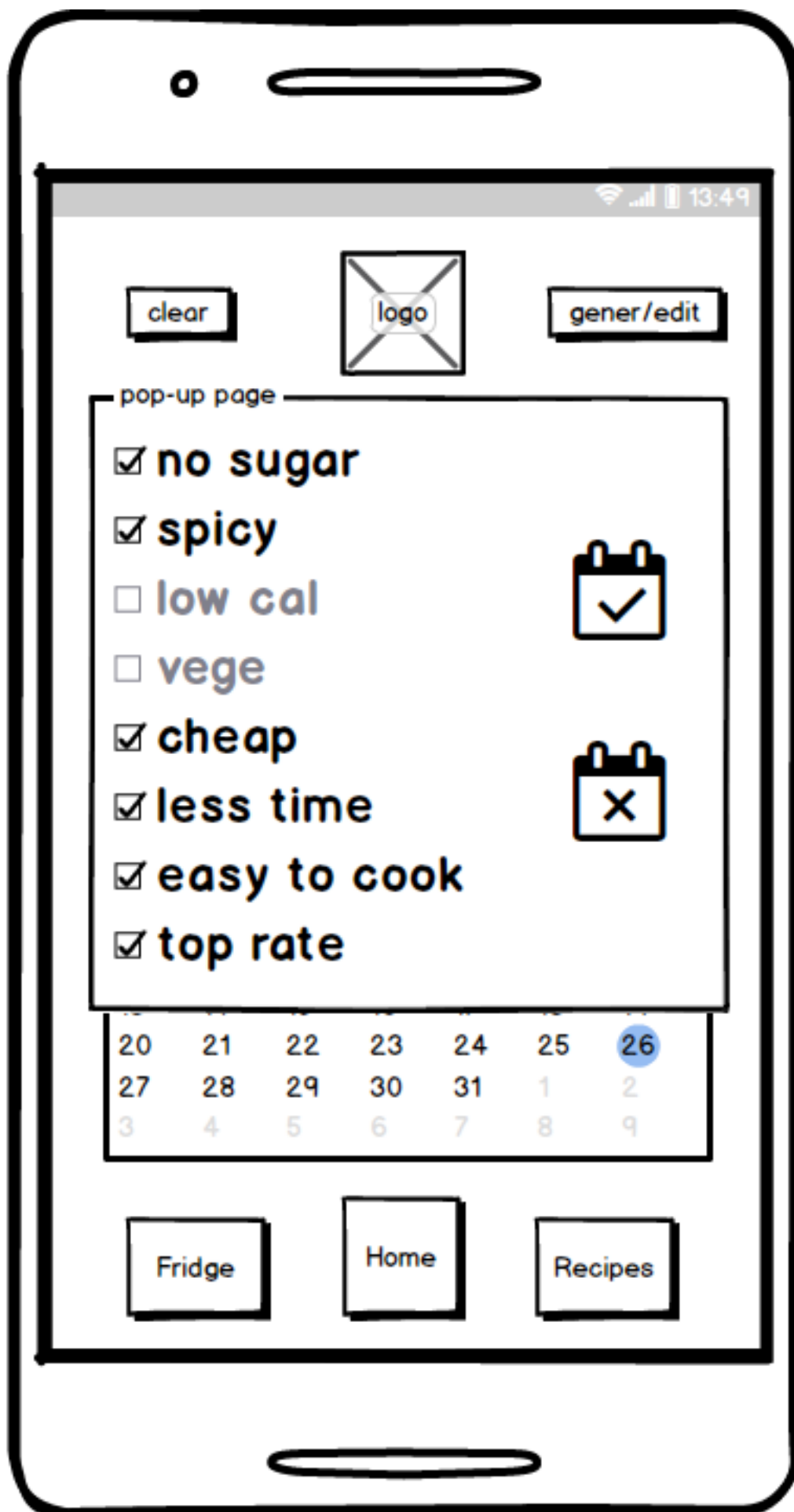
S	M	T	W	T	F	S

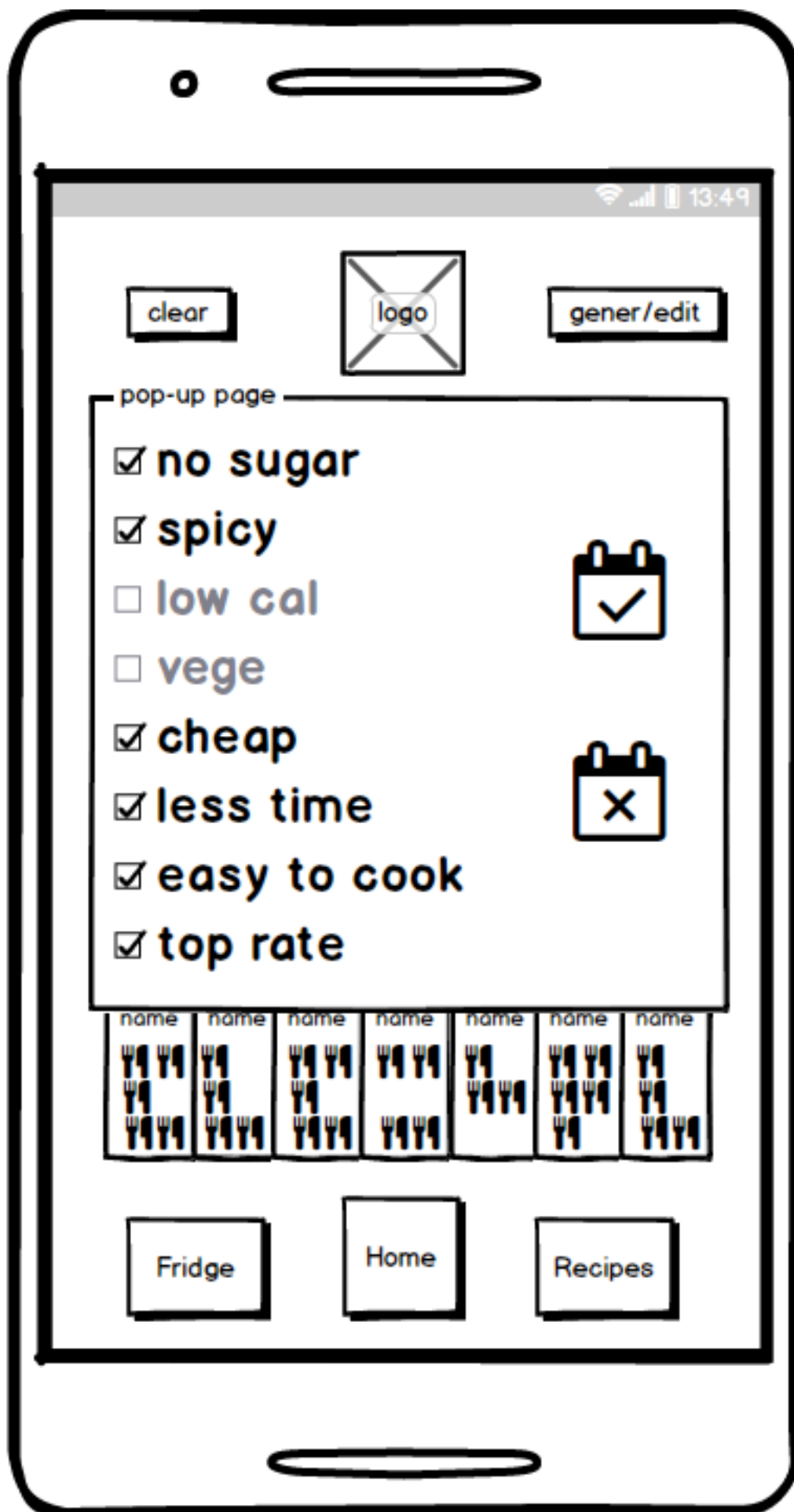
Fridge

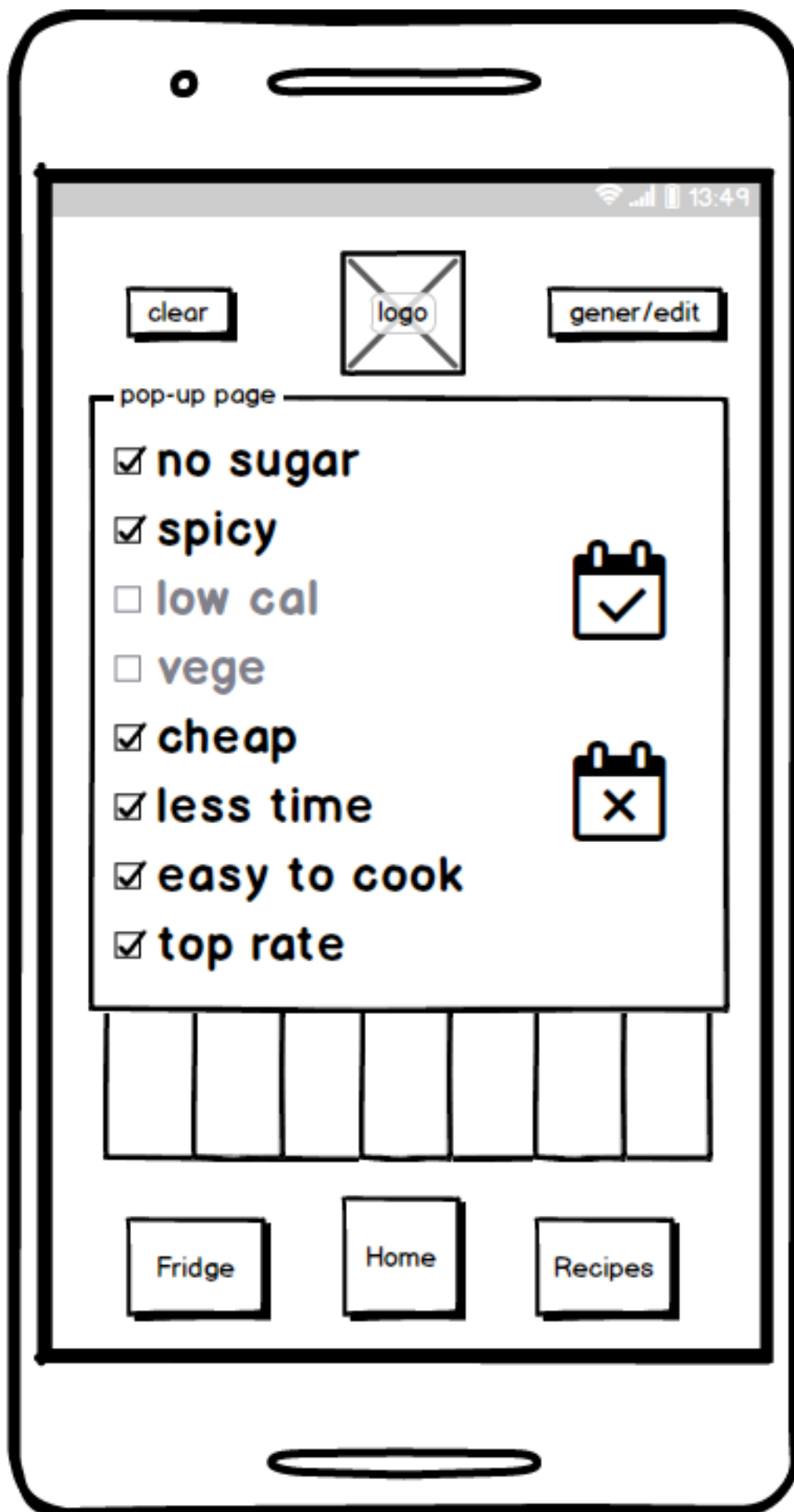
Home

Recipes











13:49

clear

logo

gener/edit

Selected Date (Oct. 25) 

Breakfast

Name

⌚ 30' ★★     

Lunch

Name

⌚ 40' ★★★   

Dinner
















Name

⌚ 50' ★★★   

Oct.20 - Oct.26

monthly

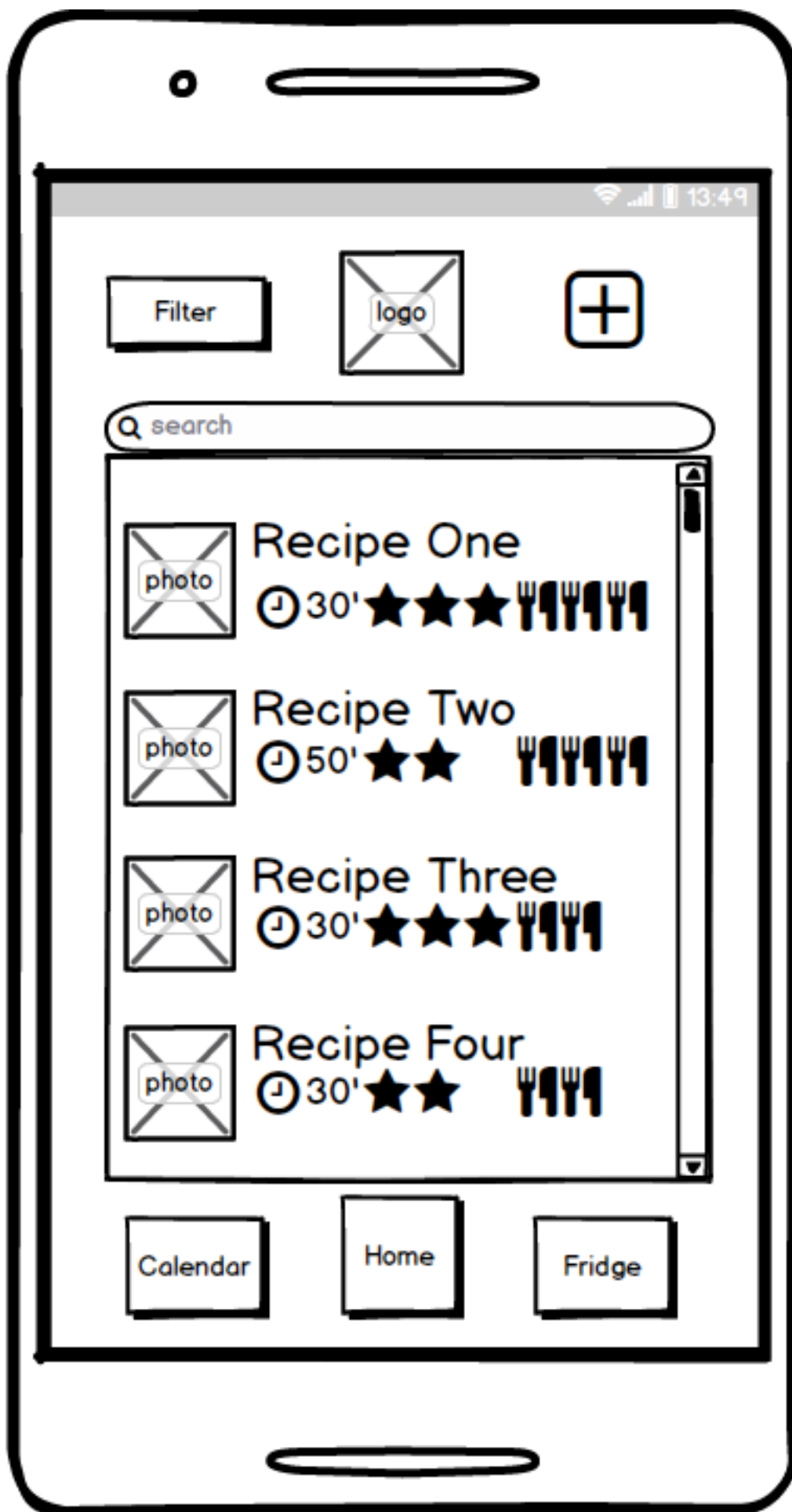
S M T W T F S

						
name	name	name	name	name	name	name
						
						

Fridge

Home

Recipes

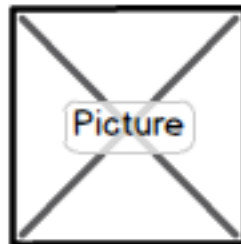




13:49



Recipe One



30'



Ingredient

ingre 1 ingre 2 ingre 3 ingre 4 ingre 5
ingre 6 ingre 7 ingre 8 ingre 9 ingre 10



Procedure

1. Preheat the oven to 350°F.
2. In a large bowl, combine the flour, sugar, and salt.
3. Add the butter and mix until the mixture is crumbly.
4. Stir in the eggs and mix until well combined.
5. Pour the mixture into a greased 9x13 inch pan.
6. Bake for 30 minutes or until the top is golden brown.
7. Let cool for 10 minutes before serving.

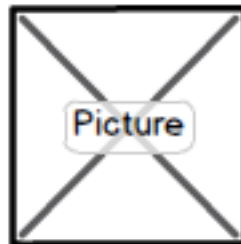




13:49



Recipe Two



50'



Ingredient

ingre 1 ingre 2 ingre 3 ingre 4 ingre 5
ingre 6 ingre 7 ingre 8 ingre 9 ingre 10



Procedure

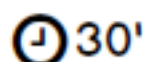
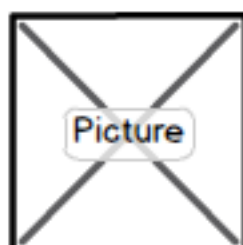
1. Get the ingredients ready.
2. Preheat the oven to 350°F.
3. In a large bowl, mix the ingredients.
4. Pour the mixture into a greased pan.
5. Bake for 45 minutes.
6. Let it cool for 10 minutes.
7. Serve and enjoy!







Recipe Four



Ingredient

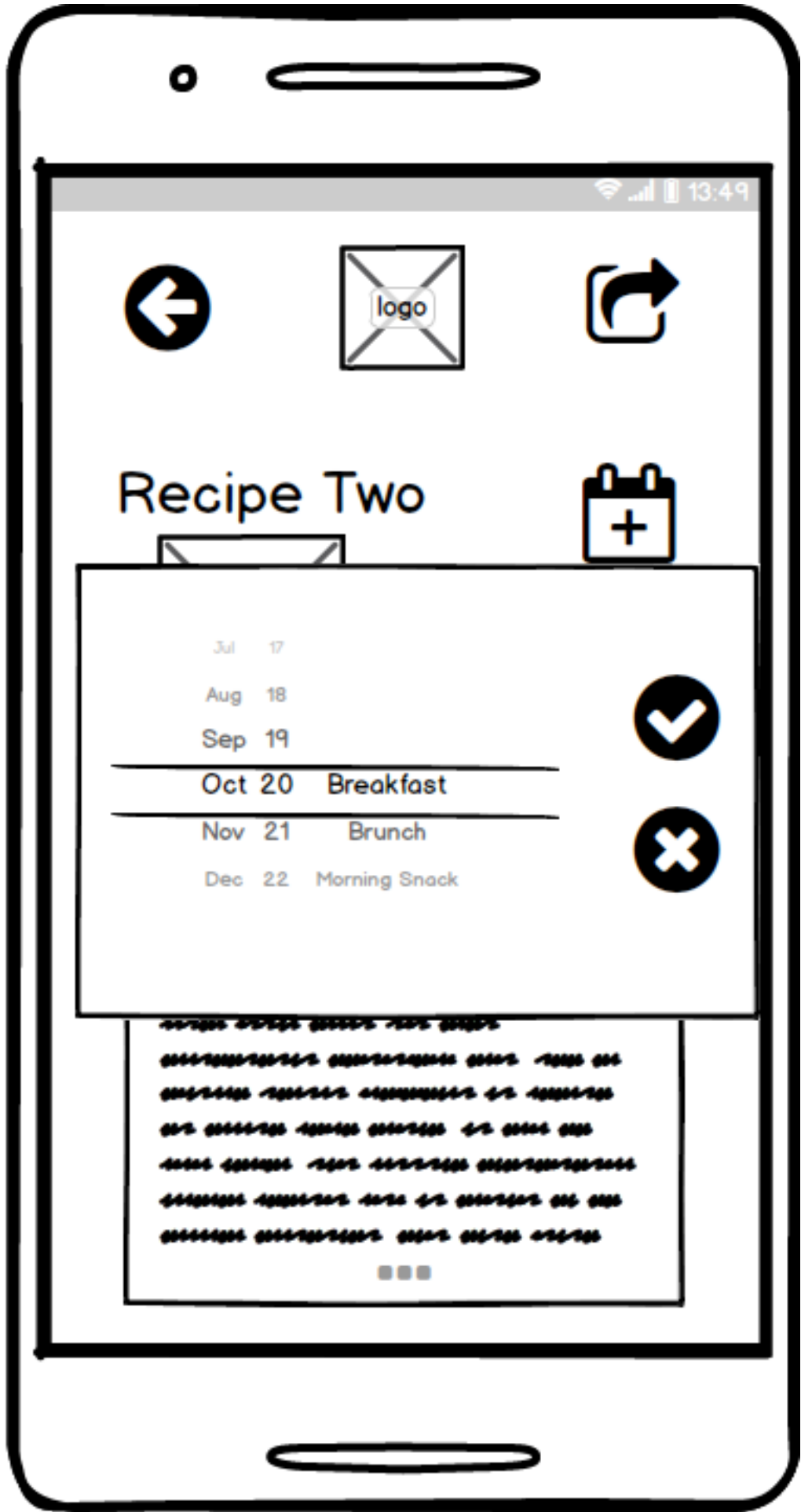
ingre 1 ingre 2 ingre 3 ingre 4 ingre 5
ingre 6 ingre 7 ingre 8 ingre 9 ingre 10



Procedure

447004 47244 000002 700 000002
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 000070000 70007000 0000000000000 00 00000700
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 000000000 000000000 0000 00 00007000 000 0000
 000000000 0000700070000 00000 000700 47244







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logo

gener/edit

Selected Date (Oct. 20) 

Breakfast

Name

 30'      





Lunch

Dinner

Oct.20 - Oct.26

monthly

S M T W T F S

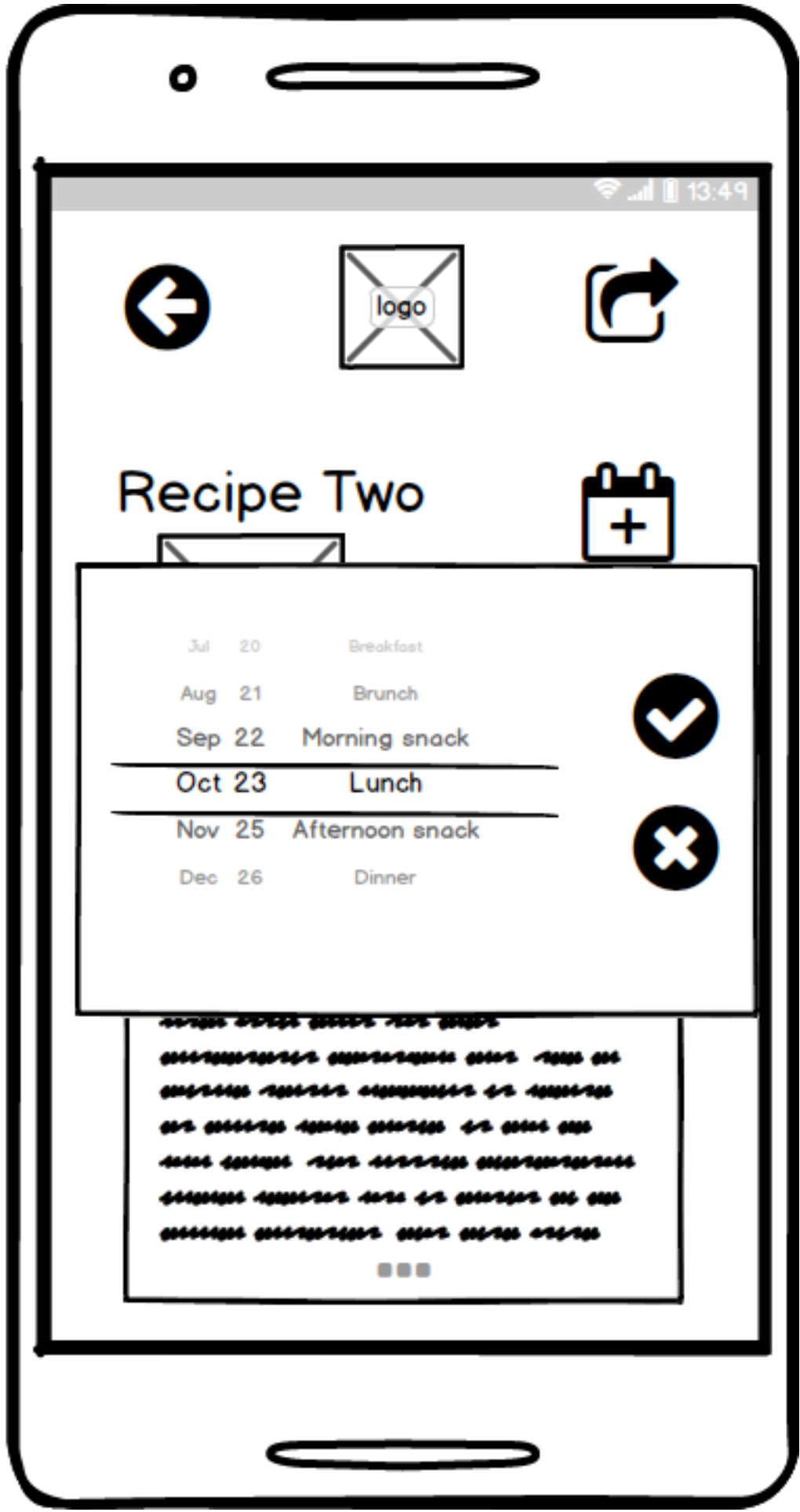
name    						
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Fridge

Home

Recipes







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logo

gener/edit

Selected Date (Oct. 23) 

Breakfast

Lunch

Name

⌚ 50' ★★    

Dinner

Oct.20 - Oct.26

monthly

S M T W T F S

name



name

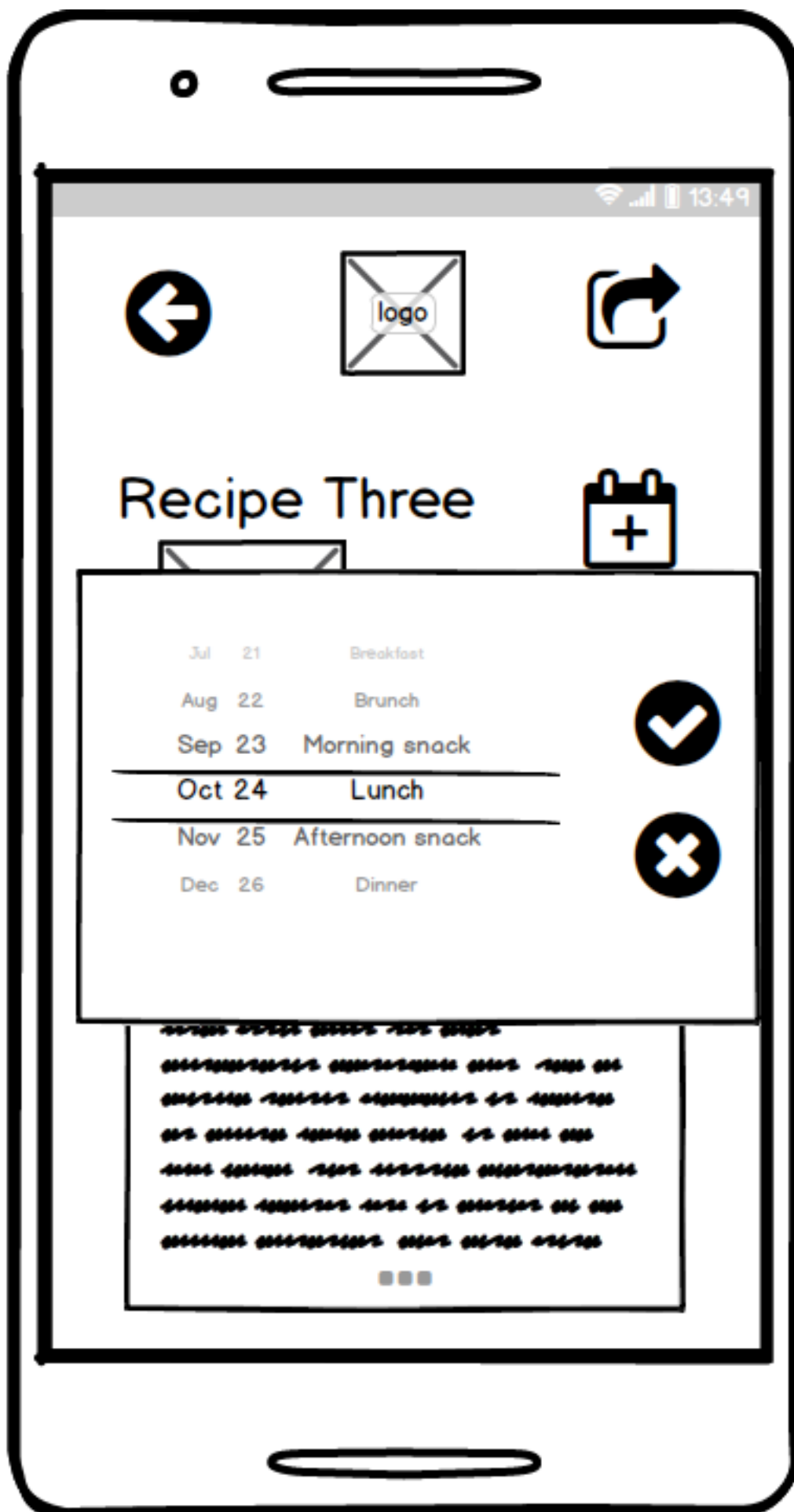


Fridge

Home

Recipes







13:49

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gener/edit

Selected Date (Oct. 24)

Breakfast

Lunch

Name

Dinner

Oct.20 - Oct.26						
monthly						
S	M	T	W	T	F	S
name 🍴🍴🍴🍴			name 🍴🍴🍴🍴	name 🍴🍴🍴		

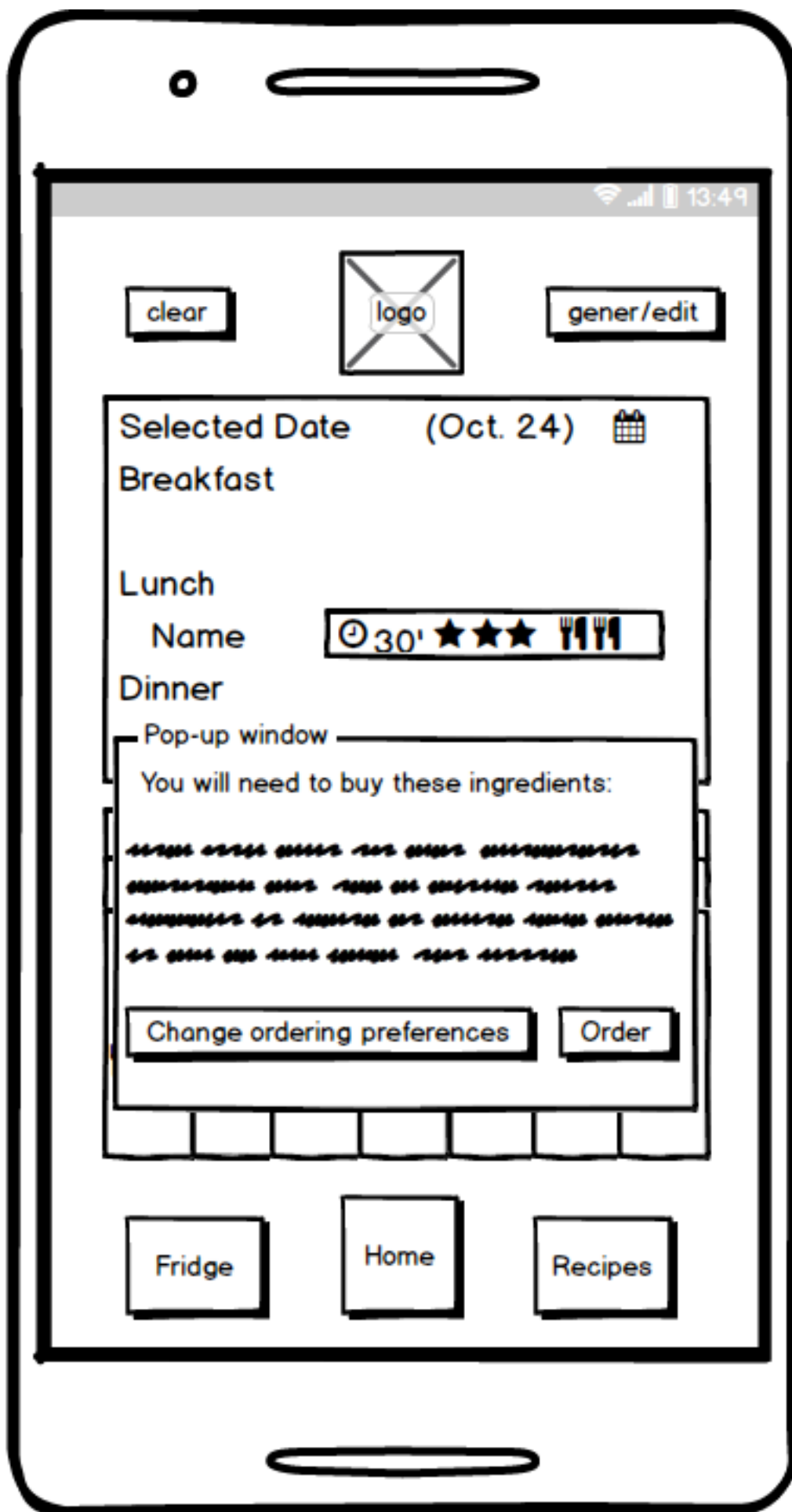


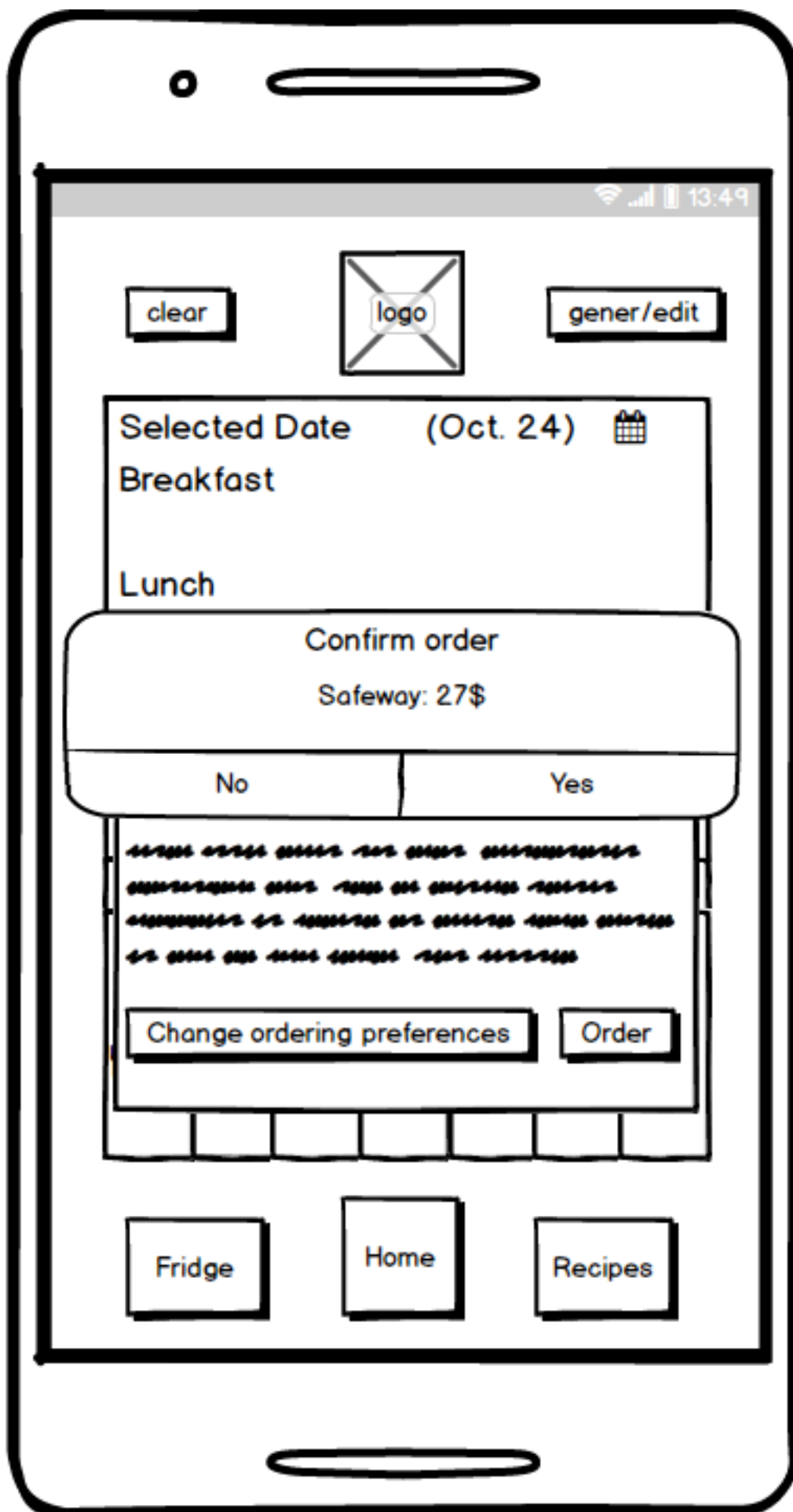
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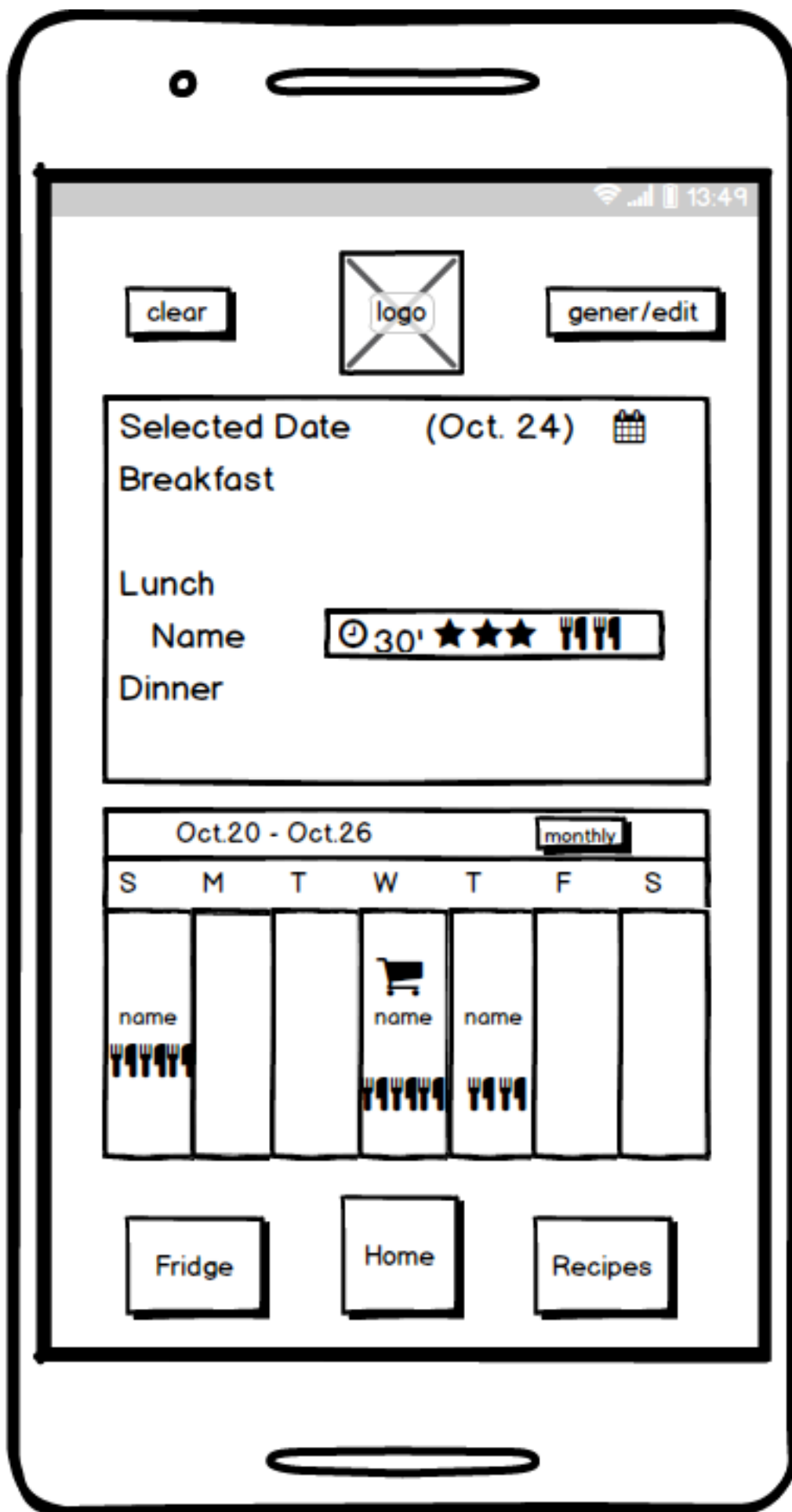
Home

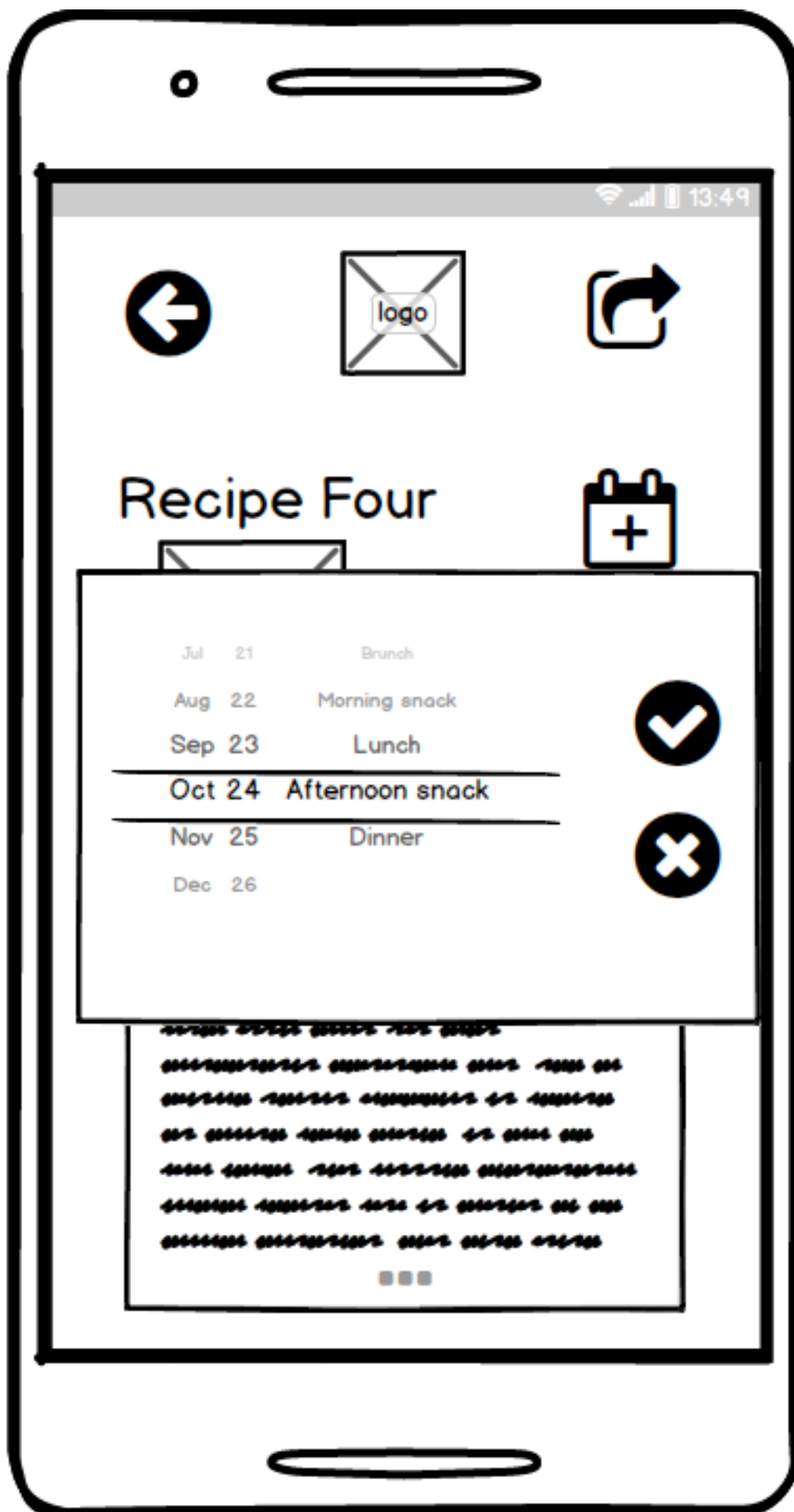
Recipes













13:49

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logo

gener/edit

Selected Date (Oct. 24) 

Breakfast

Lunch

Name

 30' ★★ ★ 

Dinner

Name

 30' ★★ 

Oct.20 - Oct.26

monthly

S M T W T F S

<p>name</p> 			 <p>name</p> 	<p>name</p> 		
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Fridge

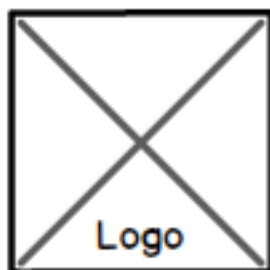
Home

Recipes





13:49



Username:

Password:

[Forgot Password?](#)

Sign In

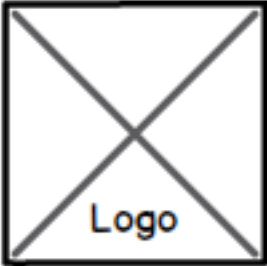
Create Account



Login with Facebook or Google



13:49



Email:

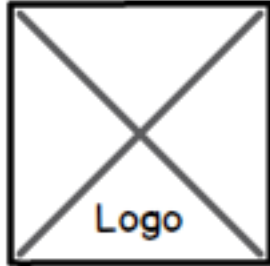
Username:

Password:

Confirm Password:

← Back

Next →



Email:

Username:

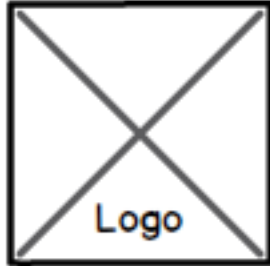
Password:

Confirm Password:

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Next →

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123	🌐	🎤	space					return	



Email:

Valerie.Green@gmail.com

Username:

Password:

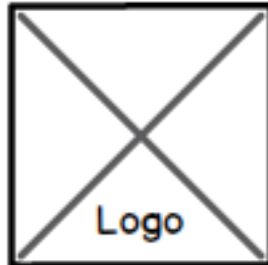
Confirm Password:

← Back

Next →



13:49



Email:

Valerie.Green@gmail.com

Username:

VG.Fitness72

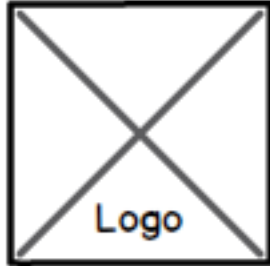
Password:

Confirm Password:

← Back

Next →





Email:

Valerie.Green@gmail.com

Username:

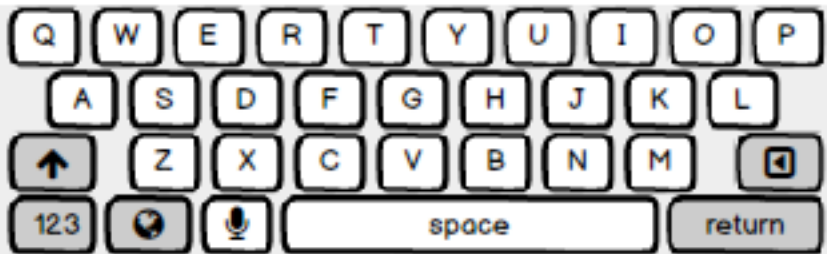
VG.Fitness72

Password:

Confirm Password:

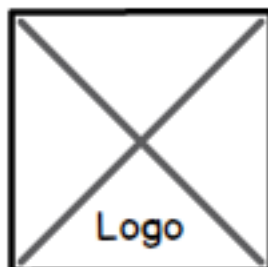
← Back

Next →





13:49



Email:

Valerie.Green@gmail.com

Username:

VG.Fitness72

Password:

Confirm Password:

← Back

Next →





13:49



Tap to Add Profile Picture

Name:

Sex... ▼

Age:

24 ▼

Weight

75 Kg ▼

Height

170 cm ▼



Back

Next





Tap to Add Profile Picture

Name:

Sex... ▼

Age:

24 ▼

Weight

75 Kg ▼

Height

170 cm ▼

← Back

Next →



Tap to Add Profile Picture

Name:

Sex... ▼

Age:

Weight

Height

24 ▲▼

75 Kg ▲▼

170 cm ▲▼

← Back

Next →

Q W E R T Y U I O P
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123 🌐 🎤 space return



Tap to Add Profile Picture

Name:

Valerie Green

Sex...



Age:

24



Weight

75 Kg



Height

170 cm



Back

Next





Tap to Add Profile Picture

Name:

Valerie Green

Sex...

Male
Female

24

75 Kg

170 cm

← Back

Next →



Tap to Add Profile Picture

Name:

Valerie Green

Female



Age:

24



Weight

75 Kg



Height

170 cm



Back

Next





Tap to Add Profile Picture

Name:

Valerie Green

Female

Age:

24

Weight

75 Kg

Height

170 cm

49

50

51

52

...



Back

Next





Tap to Add Profile Picture

Name:

Valerie Green

Female

Age:

24

Weight

50 Kg

Height

170 cm



Back

Next





Valerie Green

Enter your rewards cards:

Card Name:

Number:

SCAN

← Back

Next →



Valerie Green

Enter your rewards cards:

Card Name:

Number:

SCAN

← Back

Next →





Valerie Green

Enter your rewards cards:

Card Name:

Air Miles

Number:

SCAN

← Back

Next →





Valerie Green

Enter your rewards cards:

Card Name:

Air Miles

Number:

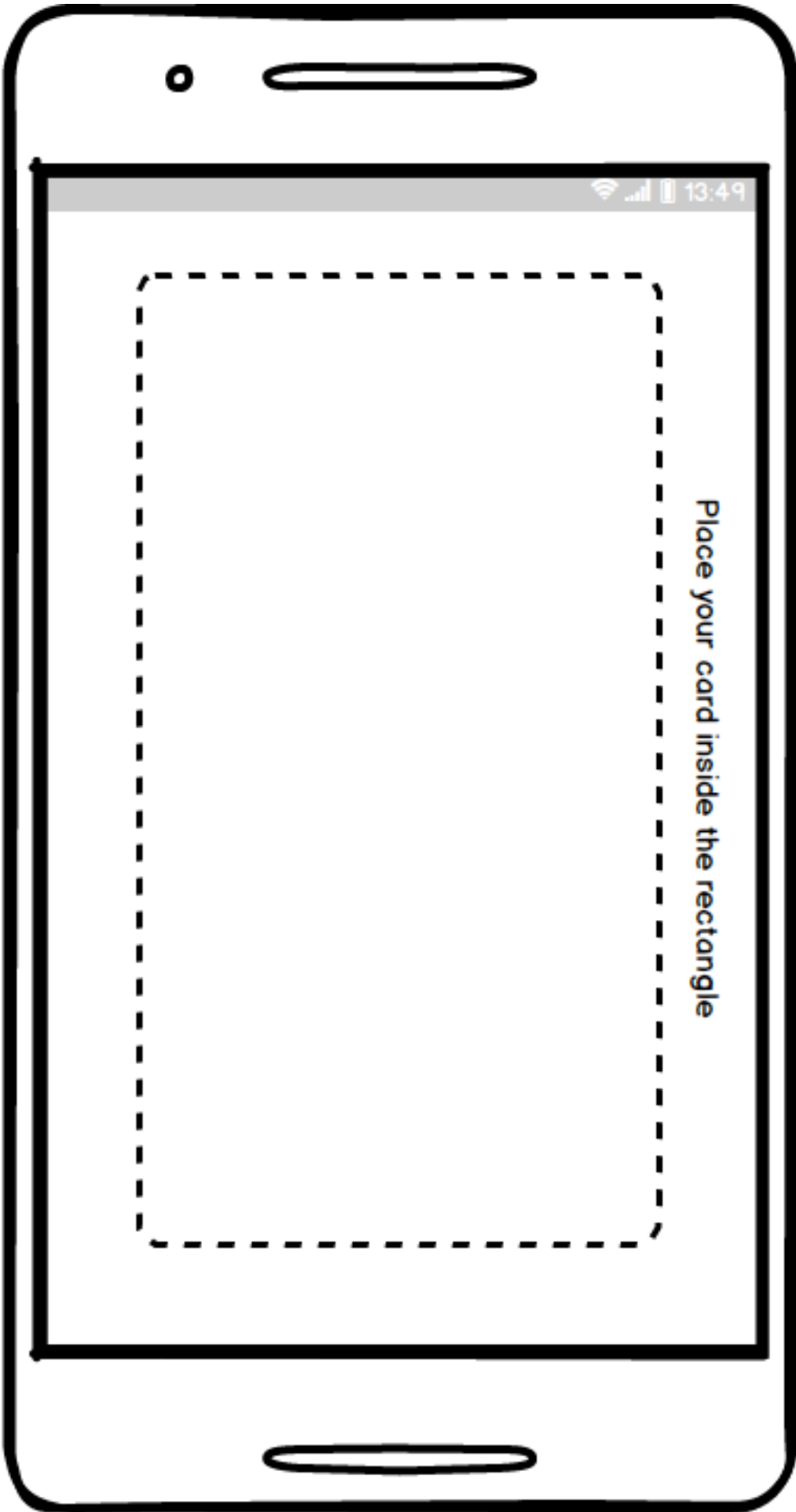
8213 681 8983

+ Add Another Card

SCAN

← Back

Next →



Place your card inside the rectangle

[illegible]

604883 87491 35022372 1

PROTECT THIS GIFT AND LIVE CASH / PROTÉGEZ CETTE CARTE-CADRE COMME DE L'ARGENT COMPTANT

97809999717516



Valerie Green

Enter your rewards cards:

Card Name:

Air Miles

Number:

8213 681 8983

Card Name:

Save on Foods Rewards

Number:

604883 87491 35022372 1

SCAN



Back

Next





Valerie Green

Enter any dietary preferences:

Calories/day: 1800

Carbohydrates %: 50%

Fat %: 30%

Protein %: 20%

Dietary Restrictions:

- ☐ Celiac
- ☐ Diabetic
- ☐ Lactose intolerant
- ☐ Vegan
- ☐ Peanut Allergy

← Back

Next →



Valerie Green

Enter any dietary preferences:

Calories/day: 1800

Carbohydrates %: 50%

Fat %: 30%

Protein %: 20%

Dietary Restrictions:

- ☐ Celiac
- ☐ Diabetic
- ☐ Lactose intolerant
- ☒ Vegan
- ☐ Peanut Allergy

← Back


Next →


13:49



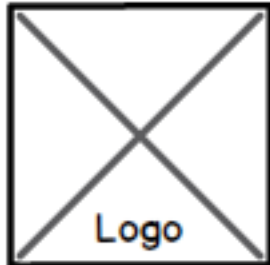
Valerie Green

Create or join a family account:

 Add Username

 Back

Done



Username:

Password:

[Forgot Password?](#)



Login with Facebook or Google