

# USE it OR LOSE it

Search box for text input

Items in my fridge

Item... Add

1. Chicken  
2. Rice  
3. Canned tomatoes

Filter by

☐ Nut Allergy  
☐ Vegetarian  
☐ Gluten Free  
☐ Dairy Free

Get Recipes

Button to add item to list

Drag & Drop to Days

Chicken and Lime Soup

Monterey Chicken Skillet

Greek Chicken Wraps

Slow cooker Jambalaya

Chicken Parmesan Meatballs

column which returns all recipes meeting the criteria.

check boxes

## Grocery List

☐ 1 yellow onion aisle 3  
☐ chicken broth aisle 21  
☐ Pasta aisle 4  
☐ cheese aisle 12  
☐ flatbread aisle 21  
☐ egg aisle 12

check box to remove item from list...

slightly transparent text.

"x" button removes recipe to be replaced

MONDAY [X]	TUESDAY [X]	WEDNESDAY [X]	THURSDAY [X]	FRIDAY [X]
Recipe Picture Chicken and Lime Soup	Recipe Picture Monterey Chicken Skillet	Recipe Picture Greek Chicken Wraps	Recipe Picture Slow cooker Jambalaya	Recipe Picture Chicken Parmesan Meatballs