

WEEKLY Meal Plan

MONDAY

Breakfast :

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Lunch :

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Dinner :

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TUESDAY

Breakfast :

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Lunch :

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Dinner :

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WEDNESDAY

Breakfast :

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Lunch :

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Dinner :

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THURSDAY

Breakfast :

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Lunch :

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Dinner :

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FRIDAY

Breakfast :

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Lunch :

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Dinner :

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SATURDAY

Breakfast :

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Lunch :

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Dinner :

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SUNDAY

Breakfast :

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Lunch :

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Dinner :

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Snack :

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NOTES

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