Weekly Meal Plan

week of: _____

Week or			
	BREAKFAST	LUNCH	DINNER
day			
Monday			
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>	BREAKFAST	LUNCH	DINNER
Tuesday			
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Wednesday	BREAKFAST	LUNCH	DINNER
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	BREAKFAST	LUNCH	DINNER
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Thursday			
	BREAKFAST	LUNCH	DINNER
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Friday			
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-70	BREAKFAST	LUNCH	DINNER
Weekend			
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