WEEKLY MEAL PLANNER

	Duran lafa at	Ib	Dinner	Co o ele
C 1	Breakfast	<u>Lunch</u>	<u>Dinner</u>	Snack
Sunday				
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	Breakfast	Lunch	Dinner	Snack
Monday				
	Breakfast	Lunch	Dinner	Snack
Tuesday				
				•
	Breakfast	Lunch	Dinner	Snack
Wednesday				
	•	•		•
	Breakfast	Lunch	Dinner	Snack
Thursday				
	•			•
	Breakfast	Lunch	Dinner	Snack
Friday				
	!	-	<u>'</u>	'
	Breakfast	Lunch	Dinner	Snack
Saturday				