W	WEEKLY .	MEAL PLANN	ER S	• WEEK:	
	. MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	
NA NA	LUNCH:	LUNCH:	LUNCH:	LUNCH:	المار
•	DINNER:	DINNER:	DINNER:	DINNER:	
	FRIDAY	SATURDAY	SUNDAY	SHOPPING LIST	
	BREAKFAST:	BREAKFAST:	BREAKFAST:		
	LUNCH:	LUNCH:	LUNCH:		
•	DINNER:	DINNER:	DINNER:		
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