

WEEKLY MEAL PLANNER

MONDAY	FRIDAY
BREAKFAST	BREAKFAST
LUNCH	LUNCH
SUPPER	SUPPER
TUESDAY	SATURDAY
BREAKFAST	BREAKFAST
LUNCH	LUNCH
SUPPER	SUPPER
WEDNESDAY	SUNDAY
BREAKFAST	BREAKFAST
LUNCH	LUNCH
SUPPER	SUPPER
THURSDAY	SNACKS
BREAKFAST	
LUNCH	
SUPPER	

MARKET LIST

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