



**WEEKLY  
MENU  
PLANNER**

**MONDAY**

*breakfast / lunch / dinner*

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**TUESDAY**

*breakfast / lunch / dinner*

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**WEDNESDAY**

*breakfast / lunch / dinner*

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**THURSDAY**

*breakfast / lunch / dinner*

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**FRIDAY**

*breakfast / lunch / dinner*

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**WEEKEND**

*breakfast / lunch / dinner*

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**GROCERY LIST**

*fruits*

*veggies*

*proteins*

*dairy*

*grains*