

Weekly Meal Plan

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Sunday	B	
	L	
	D	
	S	
Saturday	B	
	L	
	D	
	S	
Friday	B	
	L	
	D	
	S	
Thursday	B	
	L	
	D	
	S	
Wednesday	B	
	L	
	D	
	S	
Tuesday	B	
	L	
	D	
	S	
Monday	B	
	L	
	D	
	S	

