

Weekly Meal Plan

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

