MEAL PLANNING

| Monday • | Tuesday • | Wednesday • | Thursday • | Friday |
|-------------------------|--------------|-----------------------|--------------|--------------|
| Breakfast —— | Breakfast —— | Breakfast —— | Breakfast —— | Breakfast - |
| luncn ——— | lunch ——— | lunch ———— | lunch ——— | lunch — |
| binner ——— | binner ——— | binner ——— | binner | binner — |
| Snacks——— | S nacks—— | S nacks——— | S nacks | S nacks- |
| Saturday Breakfast Lui | ncn binner s | Sunday Nacks Break | | oinner Snack |

| Shopping List |
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