Advanced

MY WEEKLY MEAL PLAN



Monday breakfast	Tuesday breakfast	Wednesday breakfast	Thursday breakfast	Friday breakfast	Saturday breakfast	Sunday breakfast	
DIEGINGS!	DIEGNIGS!	Dreamasi	Dreakiasi	Dieditasi	Breaman .	Breaklast .	Notes
snack	snack	snack	snack	snack	snack	snack	
lunch	lunch	lunch	lunch	lunch	lunch	lunch	
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snack	snack	snack	snack	snack	snack	snack	
dinner	dinner	dinner	dinner	dinner	dinner	dinner	
snack	snack	snack	snack	snack	snack	snack	
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