

# weekly meal planner

FOR THE WEEK OF:

MONDAY		SHOPPING LIST	
B			
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D			
TUESDAY			
B			
L			
D			
WEDNESDAY			
B			
L			
D			
THURSDAY			
B			
L			
D			
FRIDAY			
B			
L			
D			
SATURDAY			
B			
L			
D			
SUNDAY			
B			
L			
D			