

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON		
TUES		
WEDS		
THURS		
FRI		
SAT		
SUN		

LUNCH	MEAL	INGREDIENTS NEEDED
MON		
TUES		
WEDS		
THURS		
FRI		
SAT		
SUN		

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BREAKFAST	MEAL	INGREDIENTS NEEDED
MON		
TUES		
WEDS		
THURS		
FRI		
SAT		
SUN		

EXTRAS	ITEMS NEEDED
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
OTHER	