

# WEEKLY MEAL PLAN

WEEK OF: \_\_\_\_\_

**SUNDAY**

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**MONDAY**

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**TUESDAY**

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**WEDNESDAY**

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**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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**FAVORITE DISHES**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

**SHOPPING LIST**

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**NOTES**

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