

August 16th - 22nd

MONDAY	16	TUESDAY	17
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BREAKFAST:

BREAKFAST:

LUNCH:

LUNCH:

SNACK:

SNACK:

DINNER:

DINNER:

WEDNESDAY	18	THURSDAY	19
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BREAKFAST:

BREAKFAST:

LUNCH:

LUNCH:

SNACK:

SNACK:

DINNER:

DINNER:

FRIDAY	20	SATURDAY	21
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BREAKFAST:

BREAKFAST:

LUNCH:

LUNCH:

SNACK:

SNACK:

DINNER:

DINNER:

SUNDAY	22
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BREAKFAST:

LUNCH:

SNACK:

DINNER:



Grocery List

Meals For The Week

Already Have List
