MEALS FOR THE WEEK OF:

MONDAY BREAKFAST LUNCH DINNER

FRIDAY							
BREAKFAST	LUNCH	DINNER					

THECDAY

٦	TUESDAY			SATURDAY			
	BREAKFAST	LUNCH	DINNER	BREAKFAST	LUNCH	DINNER	

WEDNESDAY

SUNDAY

South South					
BREAKFAST	LUNCH	DINNER	BREAKFAST	LUNCH	DINNER
THURSDAY			PURCHASE		
BREAKFAST	LUNCH	DINNER			
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