

THREE WEEK MEAL PLAN

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
breakfast -	breakfast -	breakfast -	breakfast -	breakfast -	breakfast -	breakfast -
lunch -	lunch -	lunch -	lunch -	lunch -	lunch -	lunch -
dinner-	dinner-	dinner-	dinner-	dinner-	dinner-	dinner-

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
breakfast -	breakfast -	breakfast -	breakfast -	breakfast -	breakfast -	breakfast -
lunch -	lunch -	lunch -	lunch -	lunch -	lunch -	lunch -
dinner-	dinner-	dinner-	dinner-	dinner-	dinner-	dinner-

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dinner-	dinner-	dinner-	dinner-	dinner-	dinner-	dinner-

food needed or low on
