

## THREE WEEK MEAL PLAN

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Monday:

dinner:

Tuesday:

dinner:

Wednesday:

dinner:

Thursday:

dinner:

Friday:

dinner:

Saturday:

dinner:

Sunday:

dinner:

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Monday:

dinner:

Tuesday:

dinner:

Wednesday:

dinner:

Thursday:

dinner:

Friday:

dinner:

Saturday:

dinner:

Sunday:

dinner:

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Monday:

dinner:

Tuesday:

dinner:

Wednesday:

dinner:

Thursday:

dinner:

Friday:

dinner:

Saturday:

dinner:

Sunday:

dinner:

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food needed or low on