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| Weekly Meal Plan  |
|  |  |  |
| Monday |  | Grocery List: |
| Breakfast:  |  |  |
| Lunch:  |  |
| Dinner:  |  |
| Tuesday |  |
| Breakfast:  |  |
| Lunch:  |  |
| Dinner:  |  |
| Wednesday |  |
| Breakfast:  |  |
| Lunch:  |  |
| Dinner:  |  |
| Thursday |  |
| Breakfast:  |  |
| Lunch:  |  |
| Dinner:  |  |
| Friday |  |
| Breakfast:  |  |
| Lunch:  |  |
| Dinner:  |  |  |
| Saturday |  | Notes: |
| Breakfast:  |  |  |
| Lunch:  |  |
| Dinner:  |  |
| Sunday |  |
| Breakfast:  |  |
| Lunch:  |  |
| Dinner:  |  |
| source: [**www.neworchards.com**](http://www.neworchards.com) |