WEEKLY MEAL PLANNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT
PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT	HEALTHY FAT
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