

**Weekly Menu Meal Plan**

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| **MONDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |
| **TUESDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |
| **WEDNESDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |
| **THURSDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |
| **FRIDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |
| **SATURDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |
| **SUNDAY** | **BREAFKAST**  **LUNCH**  **DINNER** |