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Weekly Meal Plan

MONDAY	Breakfast	
	Lunch	
	Dinner	
	Snack	
TUESDAY	Breakfast	
	Lunch	
	Dinner	
	Snack	
WEDNESDAY	Breakfast	
	Lunch	
	Dinner	
	Snack	
AY	Breakfast	
THURSDA	Lunch	
	Dinner	
⊨	Snack	
	Breakfast	
FRIDAY	Lunch	
	Dinner	
	Snack	
\ 	Breakfast	
SATURDAY	Lunch	
ATU	Dinner	
S	Snack	
	Breakfast	
SUNDAY	Lunch	
	Dinner	
	Snack	



Weekly Workouts

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

