

A hand holding a yellow pencil is writing on a meal planner. The planner has a grid layout with columns for days of the week and rows for meals. The word 'MEAL' is written in a yellow serif font, and 'Planner' is written in a yellow script font. A yellow measuring tape is coiled in the top right corner. A yellow heart icon with a pulse line is in the center. The background is a close-up of the meal planner with a grid pattern and some handwritten text like 'LUNCH' and 'DINNER'.

# MEAL Planner



# MONTHLY NUTRITION GOAL

| JANUARY | FEBRUARY | MARCH     |
|---------|----------|-----------|
|         |          |           |
| APRIL   | MAY      | JUNE      |
|         |          |           |
| JULY    | AUGUST   | SEPTEMBER |
|         |          |           |
| OCTOBER | NOVEMBER | DECEMBER  |
|         |          |           |



# WEEKLY MEAL PLAN

|           |   |
|-----------|---|
| Monday    | B |
|           | L |
|           | D |
| Tuesday   | B |
|           | L |
|           | D |
| Wednesday | B |
|           | L |
|           | D |
| Thursday  | B |
|           | L |
|           | D |
| Friday    | B |
|           | L |
|           | D |
| Saturday  | B |
|           | L |
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| Sunday    | B |
|           | L |
|           | D |

B - Breakfast

L - Lunch

D - Dinner

## SHOPPING LIST

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## NOTES

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# WEEKLY MEAL PLAN

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| Monday    | B |
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| Saturday  | B |
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| Sunday    | B |
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B - Breakfast

L - Lunch

D - Dinner

## SHOPPING LIST

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# WEEKLY MEAL PLAN

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B - Breakfast

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## SHOPPING LIST

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# WEEKLY MEAL PLAN

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| Sunday    | B |
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B - Breakfast

L - Lunch

D - Dinner

## SHOPPING LIST

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## NOTES

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# DAILY MEAL PLAN

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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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# DAILY MEAL PLAN

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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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# DAILY MEAL PLAN

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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| GRAINS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| DAIRY   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VIT     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| H2O     |  |  |  |  |  |  |
| VEGGIES |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| FRUITS  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| PROTEIN |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| CARBS   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|         |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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## BREAKFAST IDEAS

[illegible]

# LUNCH IDEAS

[illegible]

# DINNER IDEAS

[illegible]

## SNACK IDEAS

[illegible]

# GROCERY LIST

PRODUCE

MEAT

DAIRY

BEVERAGES

BAKERY

PANTRY/OTHER

# GROCERY LIST

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| MEAT |
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| DAIRY |
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| BEVERAGES |
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| BAKERY |
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| PANTRY/OTHER |
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