

# MY WEEKLY Meal plan



Week of



## BRAINSTROM DISHES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LUNCH

DINNER

**SUNDAY**

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**MONDAY**

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**TUESDAY**

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**WEDNES-  
DAY**

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**THURS-  
DAY**

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**FRIDAY**

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**SATUR-  
DAY**

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## SHOPPING LIST

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## MAKE AHEAD

## NOTES

