





SUNDAY

Date:

To Do List:

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Meal Plan:

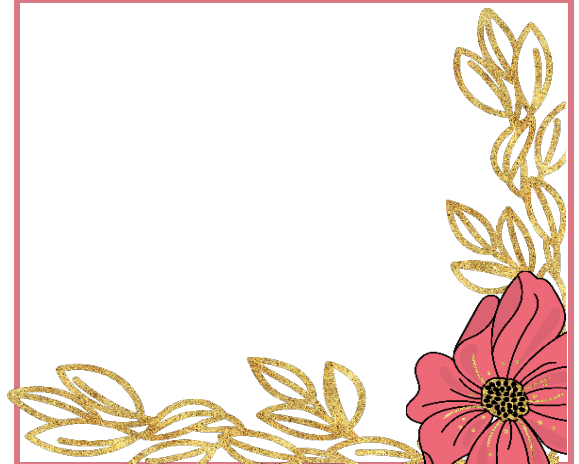
Breakfast:

Lunch:

Dinner:

Notes:

Appointments:





MONDAY

Date:

To Do List:

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Meal Plan:

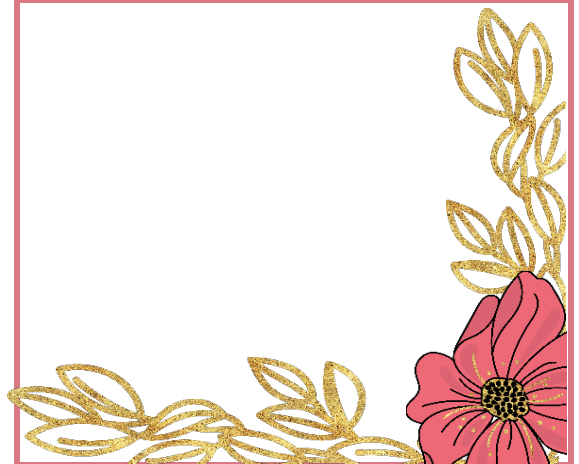
Breakfast:

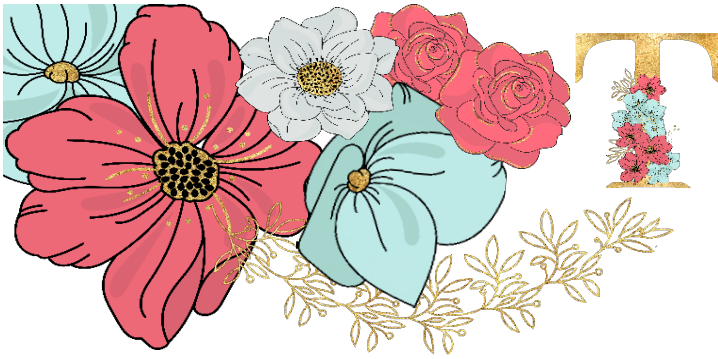
Lunch:

Dinner:

Notes:

Appointments:





TUESDAY

Date:

To Do List:

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Meal Plan:

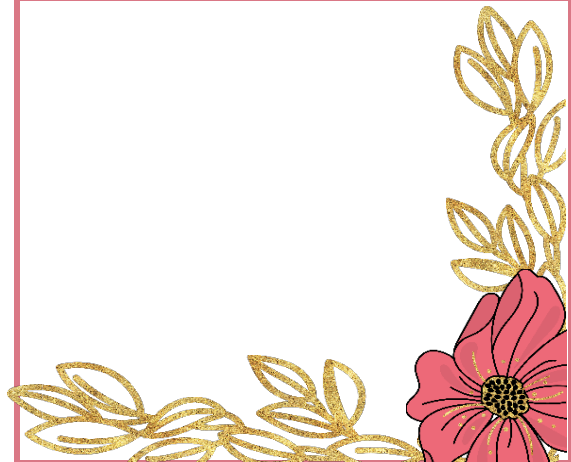
Breakfast:

Lunch:

Dinner:

Notes:

Appointments:





Date:

To Do List:

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Meal Plan:

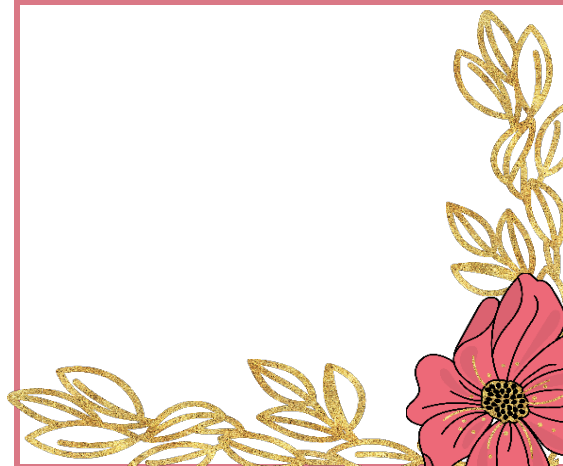
Breakfast:

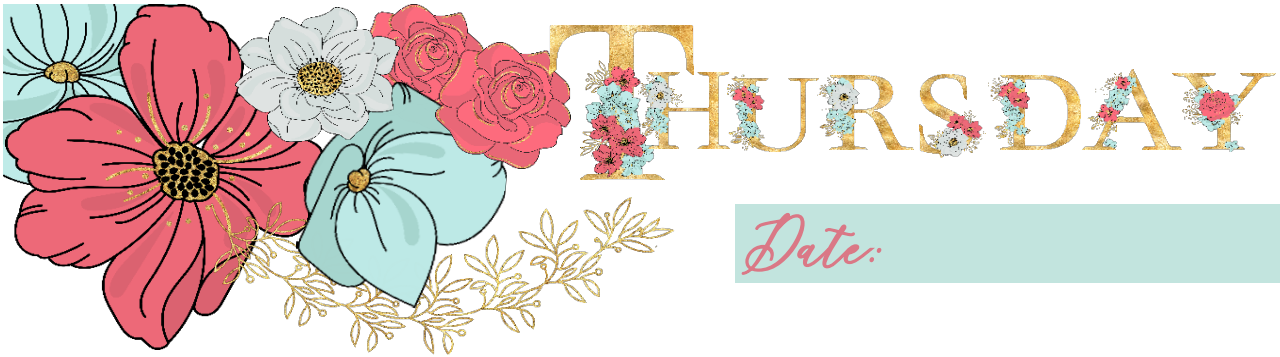
Lunch:

Dinner:

Notes:

Appointments:





Date:

To Do List:

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Meal Plan:

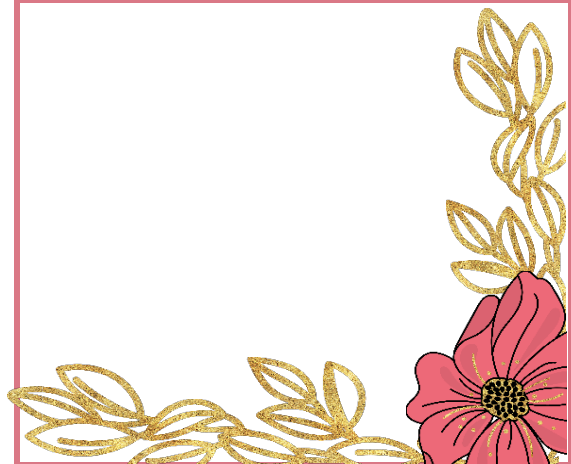
Breakfast:

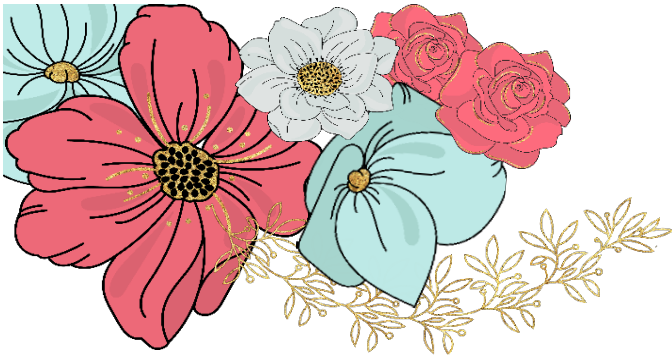
Lunch:

Dinner:

Notes:

Appointments:





FRIDAY

Date:

To Do List:

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Meal Plan:

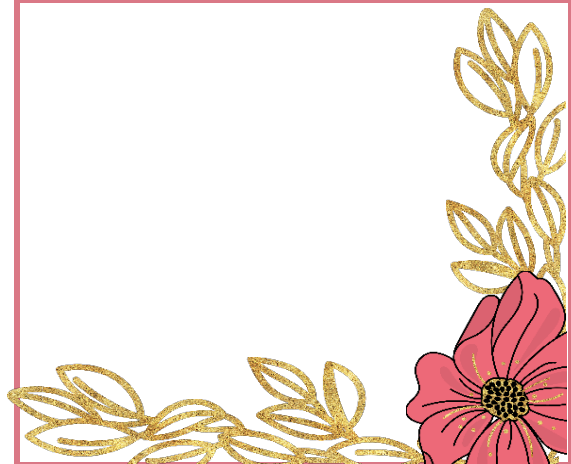
Breakfast:

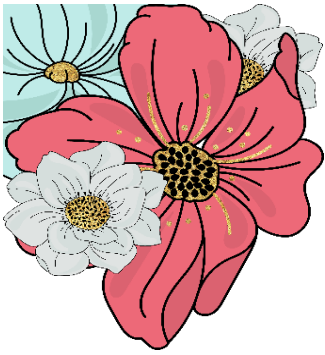
Lunch:

Dinner:

Notes:

Appointments:





SATURDAY

Date:

To Do List:

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Meal Plan:

Breakfast:

Lunch:

Dinner:

Notes:

Appointments:

