

meal planner

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	ΑΥ	BREAKFAST			GROCERY LIS	Т	
	MONDAY	LUNCH		>			
	Σ	DINNER		>			
	\	BREAKFAST	\prec	>			1
	TUESDAY	LUNCH	_	>			
	F —	DINNER		>			
	A≺	BREAKFAST		>			
>	WEDNESDAY	LUNCH	_	<u></u>			
	WED	DINNER		<u></u>			
	>	BREAKFAST	\prec	<u> </u>			
	THURSDAY	LUNCH		•••••			
	H E	DINNER				- Sign	
					SNACKS		W.
1	۸۲	BREAKFAST			ONACIO		
	FRIDAY	LUNCH		***************************************			
		DINNER					
	>	BREAKFAST					
	SATURDAY	LUNCH					
	SAT	DINNER		<u></u>	NOTES		
		BREAKFAST					
	SUNDAY	LUNCH					
	SUN						
		DINNER					

