

# MONTHLY MEAL PLAN

SUNDAY MONDAY TUESDAY WEDNESDAY

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THURSDAY      FRIDAY      SATURDAY      NOTES

THURSDAY	FRIDAY	SATURDAY	NOTES
1	2	3	
8	9	10	
15	16	17	
22	23	24	
29	30		

# MONTHLY MEAL PLAN

SUNDAY MONDAY TUESDAY WEDNESDAY

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THURSDAY FRIDAY SATURDAY NOTES

THURSDAY	FRIDAY	SATURDAY	NOTES
		1	
6	7	8	
13	14	15	
20	21	22	
27	28	29	

# MONTHLY MEAL PLAN

SUNDAY MONDAY TUESDAY WEDNESDAY

		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

THURSDAY
FRIDAY
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NOTES

3	4	5	
10	11	12	
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THURSDAY      FRIDAY      SATURDAY      NOTES

1	2	3
8	9	10
15	16	17
22	23	24
29	30	31

Notes section with a grid of dots for writing.