



MEAL	INGREDIENTS	INSTRUCTIONS
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MONDAY

BREAKFAST

LUNCH

DINNER - MEAL 1

TUESDAY

BREAKFAST

LUNCH

DINNER - MEAL 2



MEAL	INGREDIENTS	INSTRUCTIONS
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WEDNESDAY

BREAKFAST

LUNCH

DINNER - MEAL 3

THURSDAY

BREAKFAST

LUNCH

DINNER - MEAL 4



MEAL	INGREDIENTS	INSTRUCTIONS
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FRIDAY

BREAKFAST

LUNCH

DINNER - MEAL 5

SATURDAY

BREAKFAST

LUNCH

DINNER - MEAL 6



MEAL	INGREDIENTS	INSTRUCTIONS
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SUNDAY

BREAKFAST

LUNCH

DINNER - MEAL 7

