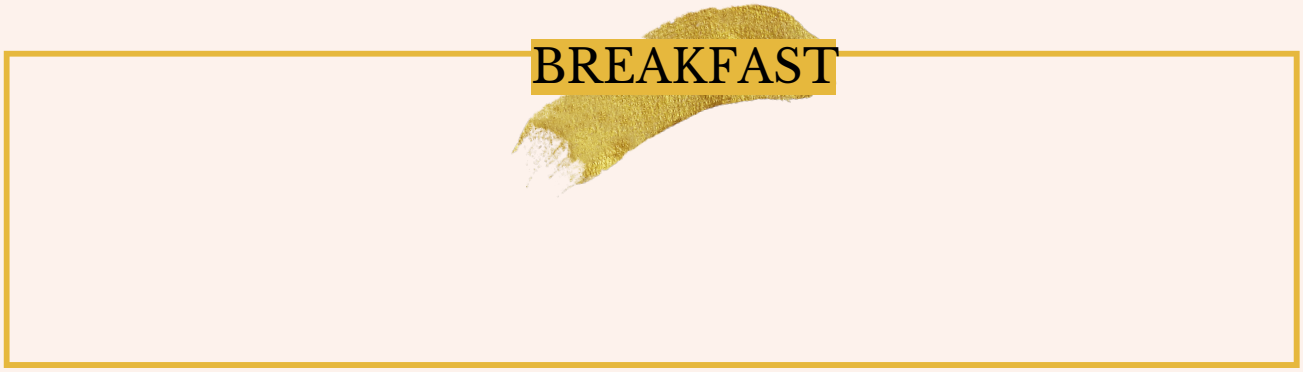
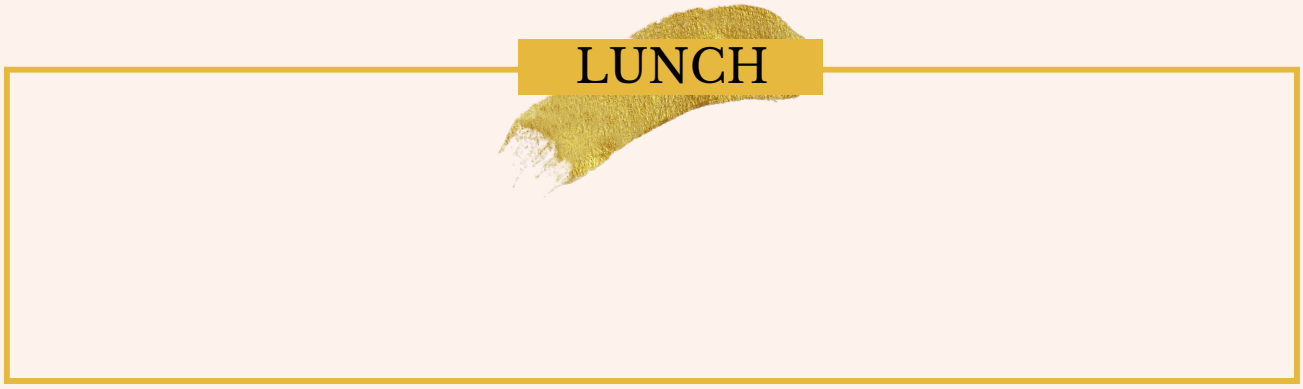
MY MEAL PLANNING GUIDE

BRAINSTORMING MEAL IDEAS

BRAINSTORM

FOR THE WEEK OF:





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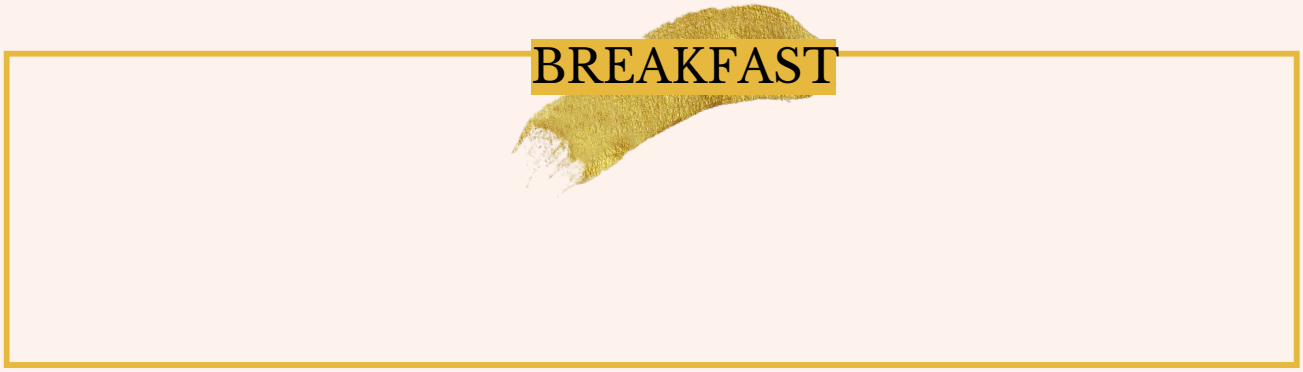
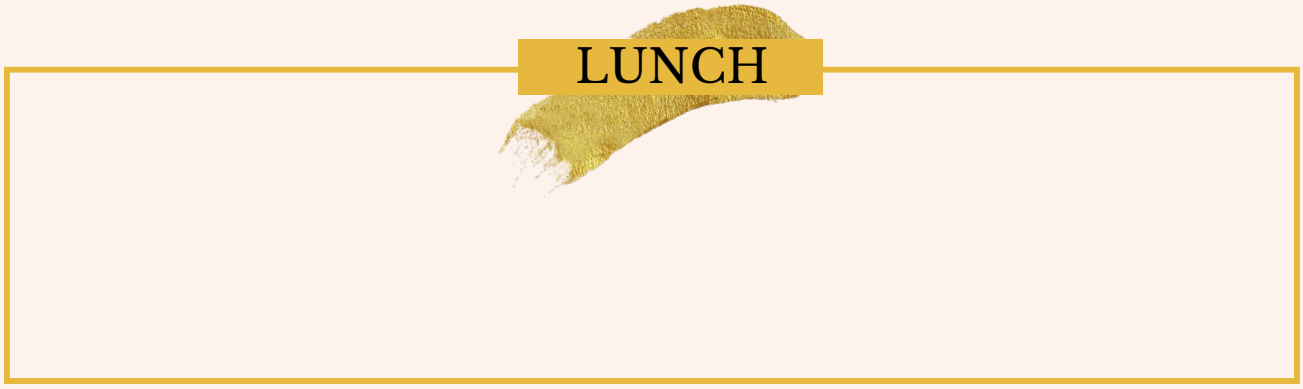
FOR THE WEEK OF:





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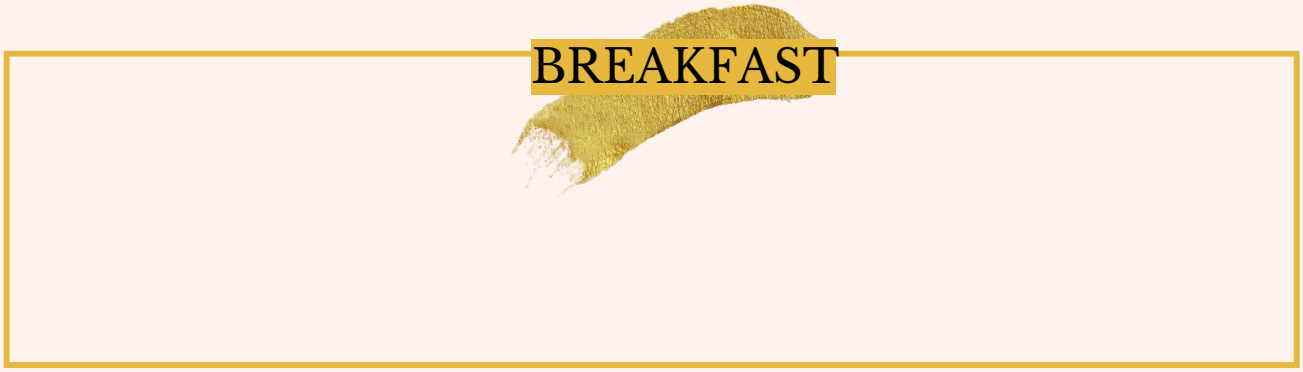

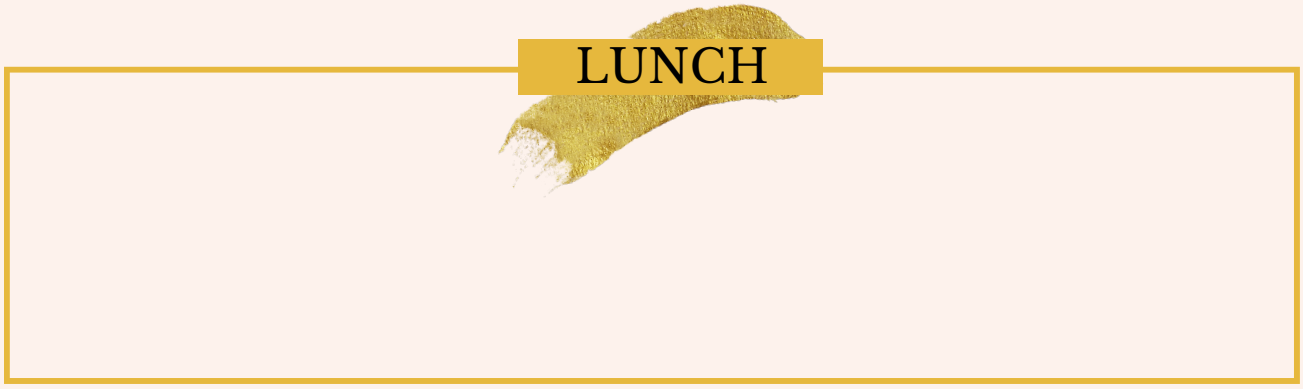

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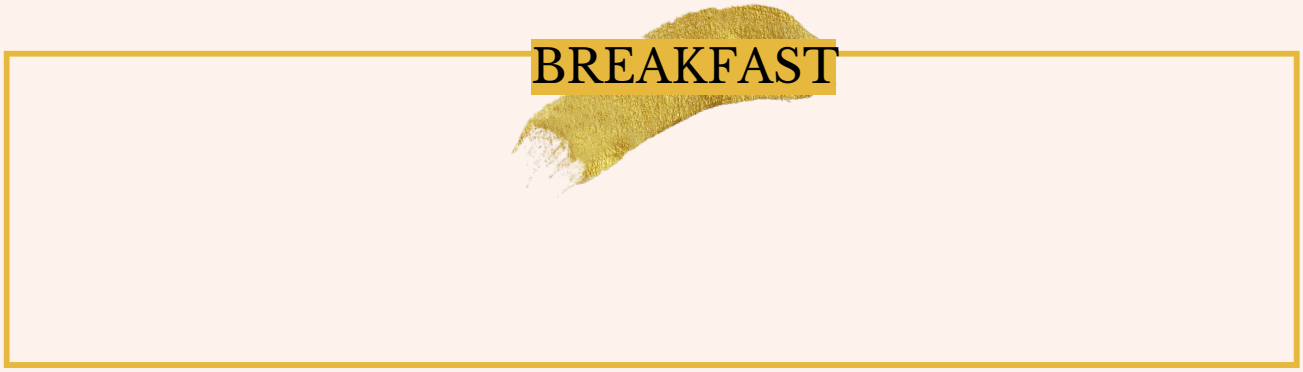

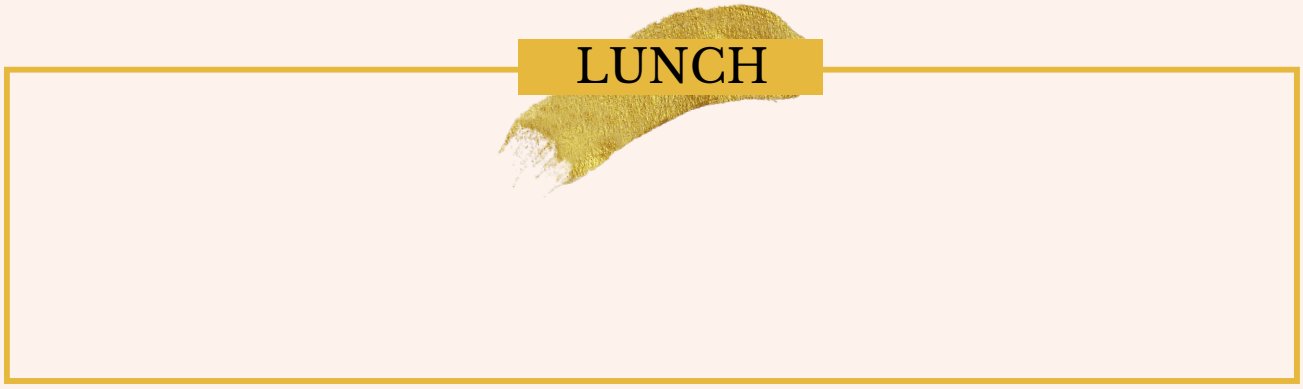

PLANNING
MEAL LINEUP

MEAL PLAN

FOR THE WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
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MEAL PLAN

FOR THE WEEK OF:

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SHOPPING
GROCERY LIST

GROCERY LIST

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RECIPES
MY CREATIONS

RECIPE NAME

SERVING SIZE

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

NOTES

RECIPE NAME

SERVING SIZE

PREP TIME

COOK TIME

INGREDIENTS

INSTRUCTIONS

NOTES

RECIPE NAME

SERVING SIZE

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COOK TIME

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