## The Eat Sheet Planning your weekly menu

Monday	
Breakfast:	
Lunch:	_
Dinner:	_
Snacks:	_
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Tuesday	
Breakfast:	_
Lunch:	_
Dinner:	_
Snacks:	-
Wednesday	
Breakfast:	
Lunch:	_
Dinner:	
Snacks:	_
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Thursday	
Breakfast:	_
Lunch:	_
Dinner:	_
Snacks:	
Friday	
Breakfast:	
Lunch:	_
Dinner:	_
Snacks:	
	=
Saturday	
Breakfast:	_
Lunch:	_
Dinner:	_
Snacks:	_
Sunday	
Breakfast:	
Lunch:	_
Dinner:	_

Snacks:\_

Grocery list	
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