

# WEEKLY MEAL PLAN



Thursday

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*This weeks cooking plan*

Monday

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Friday

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Tuesday

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Saturday

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Wednesday

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Sunday

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# SHOPPING LIST



## WHAT'S COOKING

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## FRUIT

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## VEGETABLES

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## MEAT

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## FRIDGE/ DELI

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## BAKERY

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## FROZEN

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## PANTRY

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## HEALTH/ BODY

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## Others

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