

Laura Fuentes

WEEKLY MEAL PLANNER



	BREAKFAST	LUNCH	SNACK	DINNER
SUN				
MON				
TUES				
WED				
THUR				
FRI				
SAT				

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WEEKLY SHOPPING LIST

[illegible][illegible]

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MAKE AHEAD / PREP



DAY	
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	