Laura Frentes WEEKLY MEAL PLANNER



| | BREAKFAST | LUNCH | SNACK | DINNER |
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| SUN | | | | |
| MON | | | | |
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| WED | | | | |
| THUR | | | | |
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WEEKLY SHOPPING LIST

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| QUANTITY | PANTRY STAPLES |
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| TUESDAY | |
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| WEDNESDAY | |
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| THURSDAY | |
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| FRIDAY | |
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| SATURDAY | |
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