MEAL/SHOPPING ORGANIZER!

Monday	
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D:	
Tuesday	
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Wednesday	
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D:	
Thursday	
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D:	
Friday	
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D:	
Saturday	
B:	
L:	
D:	
Sunday	
B:	
L:	
D:	

SNACKS	
1	
2	
3	

SHOPPING LIST OF INGREDIENTS

SUCCESS HACKS:

1) Practice "Delicious Monotony" = REPEAT things you enjoy through the week!

2) Eat LEFTOVERS for lunch!