

# WEEKLY MEAL PLANNER

BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS</p> <p>GRAIN PRODUCTS</p> <p>MILK &amp; ALTERNATIVES</p> <p>MEAT &amp; ALTERNATIVES</p>
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GROCERY SHOPPING LIST			<p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p>