daily meal plan

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M	B:	SNACKS	
	L:	am:	
	D:	pm:	
TU	B:	SNACKS	
	L:	am:	
	D:	pm:	
W	B:	SNACKS	
	L:	am:	
	D:	pm:	
TH	B:	SNACKS	
	L:	am:	
	D:	pm:	
F	B:	SNACKS	
	L:	am:	
	D:	pm:	
S	B:	SNACKS	
	L:	am:	
	D:	pm:	
SU	B:	SNACKS	
	L:	am:	
	D:	pm:	

grocery list