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| Healthy Meal Planner 🍏 |
|  |
| Monday |  | Tuesday |  | Wednesday |  | Thursday |
| ***Fruit / Veggies*** |  | ***Fruit / Veggies*** |  |  | ***Fruit / Veggies*** |  | ***Fruit / Veggies*** |  |
|  |  |  |  |  |
|  |  |  |  |  |
| ***Protein*** |  | ***Protein*** |  |  | ***Protein*** |  | ***Protein*** |  |
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|  |  |  |  |  |
| ***Carbs*** |  | ***Carbs*** |  |  | ***Carbs*** |  | ***Carbs*** |  |
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| Friday | Saturday |  | Sunday | Notes |
| ***Fruit / Veggies*** |  | ***Fruit / Veggies*** |  |  | ***Fruit / Veggies*** |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| ***Protein*** |  | ***Protein*** |  |  | ***Protein*** |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| ***Carbs*** |  | ***Carbs*** |  |  | ***Carbs*** |  |  |
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