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| Healthy Meal Planner 🍏 | | | | | | | | | | | | | | |
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| Monday | | |  | Tuesday | | |  | Wednesday | | |  | Thursday | | |
| ***Fruit / Veggies*** | |  | ***Fruit / Veggies*** | |  |  | ***Fruit / Veggies*** | |  | ***Fruit / Veggies*** | |  |
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| ***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*** | |  |  | | |
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| ***Protein*** | |  | ***Protein*** | |  |  | ***Protein*** | |  |  | | |
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