Monofay

BREAKFAST	
LUNCH	
DIVIVED	
DINNER	
	SHOPPING LIST
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Tuesday

BREAKFAST				
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DINNER				
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Wednes day

BREAKFAST	
LUNCH	
DINNER	
	SHOPPING LIST
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Thursday

BREAKFAST	
LUNCH	
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BREAKFAST	
LUNCH	
DINNER	
	SHOPPING LIST
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Saturday

BREAKFAST		
LUNCH		
DINNER		
	SHOPPING LIST	
	SHOPPING LIST	
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Sunday

BREAKFAST		
LUNCH		
DINNER		
	SHOPPING LIST	
	SHOPPING LIST	
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