



# Weekly Meal Plan

EARN / SPEND **LIVE**

## Day 4

Breakfast

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Morning snack

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Lunch

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Afternoon snack

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Dinner

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## Day 6

Breakfast

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Morning snack

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Lunch

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---

Afternoon snack

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Dinner

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## Notes

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## Day 5

Breakfast

---

---

Morning snack

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---

Lunch

---

---

Afternoon snack

---

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Dinner

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## Day 7

Breakfast

---

---

Morning snack

---

---

Lunch

---

---

Afternoon snack

---

---

Dinner

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