



Monday

Tuesday

Wednesday

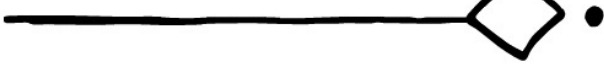
Thursday

Friday

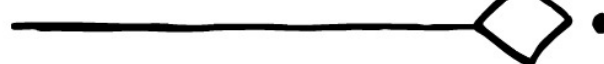
Saturday

Sunday

SHOPPING LIST



NOTES





Monday

Tuesday

Wednesday

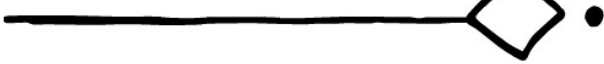
Thursday

Friday

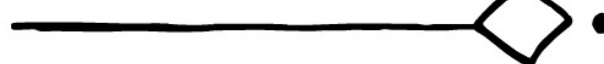
Saturday

Sunday

SHOPPING LIST



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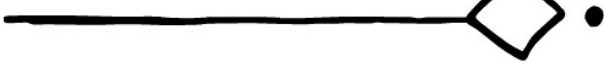
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Friday

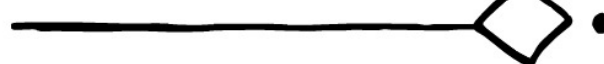
Saturday

Sunday

SHOPPING LIST



NOTES



Home Cooked Meals in 2019



Monday

Tuesday

Wednesday

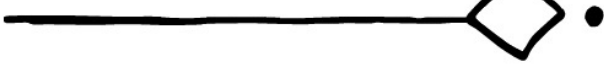
Thursday

Friday

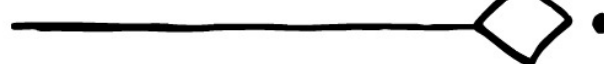
Saturday

Sunday

SHOPPING LIST



NOTES





Monday

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Saturday

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SHOPPING LIST



NOTES



STAY FIT *M8m*

Home Cooked Meals in 2019

