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## Weekly Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday	NotSoFitGirl.com					
Friday						
Saturday						

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack
Sunday						

# November 2-8

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## Shopping List

	Item	Qty	Store
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