

# WEEKLY MEAL PLAN

*Mohammadhania*

*Monday*

BREAKFAST

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LUNCH

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DINNER

*Tuesday*

BREAKFAST

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LUNCH

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DINNER

*Wednesday*

BREAKFAST

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LUNCH

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DINNER

*Thursday*

BREAKFAST

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LUNCH

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DINNER

*Friday*

BREAKFAST

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LUNCH

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DINNER

*Saturday*

BREAKFAST

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LUNCH

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DINNER

*Sunday*

BREAKFAST

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LUNCH

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DINNER

*Notes:*