## MEVI & EUB THE MEEK UE-

171	LALS I UN IIII	I WEEK OI.		
MUNDAY	breakfast	lunch	dinner	snacks
IUESUAT	breakfast	lunch	dinner	snacks
	bookfork		diamen.	
WEUNESUAT	breakfast	lunch	dinner	snacks
ППОКОДАТ	breakfast	lunch	dinner	snacks
L	breakfast	lunch	dinner	snacks
SALUNDAL	breakfast	lunch	dinner	snacks
SUNDAT	breakfast	lunch	dinner	snacks

GROCERY LIST:				
produce				
dairy				
•				
meat				
other				
PR	EP AHEAD:			