

| Notes/Prep | Lunch | Dinner |
|-------------|-------|--------|
| M O N | | |
| T U | | |
| W E D | | |
| T H | | |
| F R I | | |
| S A T | | |
| S U N | | |

NOTE:
Adapted
from the
Meal
Planning
pages
available
from
Franklin
Covey.

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