## CD <br> malelanedental <br> S T U D I O <br> WEEKLY MEAL SHEET

| Write in the <br> food you <br> eat each <br> day | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| :---: | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Breakfast |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |

## D

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| Snack |  |  |  |  |  |  |  |

