

# Meal Planner

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Highlight as you hydrate.



TUES

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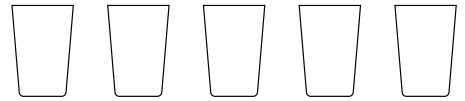


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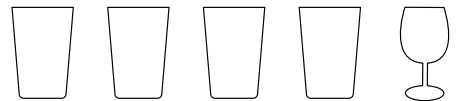


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## SHOPPING LIST

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*A Beautiful Mess*