



WEEKLY MEAL PLANNER

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SUNDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

MONDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

TUESDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

WEDNESDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

THURSDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

FRIDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

SATURDAY

BREAKFAST

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

LUNCH

Oatmeal, skimmed milk, topped with red berries and muesli

SNACKS

Oatmeal, skimmed milk, topped with red berries and muesli

DINNER

Oatmeal, skimmed milk, topped with red berries and muesli

