

# My Family's Weekly Menu:

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## Monday

Breakfast

Lunch

Dinner

## Saturday

Breakfast

Lunch

Dinner

## Tuesday

Breakfast

Lunch

Dinner

## Sunday

Breakfast

Lunch

Dinner

## Wednesday

Breakfast

Lunch

Dinner

## Thursday

Breakfast

Lunch

Dinner

## Friday

Breakfast

Lunch

Dinner

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## Snacks Options: