

weekly meal planner with bento lunch: weekend

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breakfast

breakfast

lunch

protein	carb
<div style="border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 5px;">fruit & snacks</div>	
veg	

lunch

protein	carb
<div style="border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 5px;">fruit & snacks</div>	
veg	

dinner

dinner

snacks

snacks

notes

Staples to make

week of _____

shopping list/notes