# Meal plamenco 

M BREAKFAST:<br>O LUNCH:<br>N DINNER:

SHOPPING LIST
T BREAKFAST:
U LUNCH:
E DINNER:
W BREAKFAST:
E LUNCH:
D DINNER:
T BREAKFAST:
H LUNCH:
U DINNER:

| F | BREAKFAST: |
| :--- | :--- |
| R | LUNCH: |
| I | DINNER: |

S BREAKFAST:
A LUNCH:
T DINNER:
S BREAKFAST:
U LUNCH:
N DINNER:

