## Meal planner

Μ	BREAKFAST:	SHO	OPPINC	C LIST	
0					
Ν	DINNER:				
Т	BREAKFAST:				
U	LUNCH:				
Ε	DINNER:				
W	BREAKFAST:				
Е					
D	DINNER:				
Т	BREAKFAST:				
Н	LUNCH:				
U	DINNER:				
F	BREAKFAST:				
R	LUNCH:				
	DINNER:				
S	BREAKFAST:				
Α	LUNCH:				
Т	DINNER:				
S	BREAKFAST:				
U	LUNCH:				
Ν	DINNER:				