Veekly 1	Jeal Pl	lanner	
BREAKFAST	LUNCH	DINNER	S N

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	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				
MON				WATER
TUE				
TOL				WATER
WED				
WLD				WATER
THU				
				WATER
FRI				WATER
CAT				
SAT				WATER
15				
SUN				WATER
			1	<u> </u>