

# Kevin's Healthy Kitchen Meal Planner

**Monday**

B: \_\_\_\_\_

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\_\_\_\_\_

L: \_\_\_\_\_

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\_\_\_\_\_

D: \_\_\_\_\_

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\_\_\_\_\_

**Friday**

B: \_\_\_\_\_

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L: \_\_\_\_\_

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D: \_\_\_\_\_

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**Tuesday**

B: \_\_\_\_\_

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L: \_\_\_\_\_

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D: \_\_\_\_\_

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**Saturday**

B: \_\_\_\_\_

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L: \_\_\_\_\_

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D: \_\_\_\_\_

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**Wednesday**

B: \_\_\_\_\_

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L: \_\_\_\_\_

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D: \_\_\_\_\_

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**Sunday**

B: \_\_\_\_\_

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L: \_\_\_\_\_

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D: \_\_\_\_\_

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**Thursday**

B: \_\_\_\_\_

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L: \_\_\_\_\_

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D: \_\_\_\_\_

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**Snacks**

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