W/C: _____

# MEAL PLANNER

BandBoozled
THE GASTRIC BAND EXPERTS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | |
| **LUNCH** | | | | | | | |
| **DINNER** | | | | | | | |
| **SNACK** | | | | | | | |

## SHOPPING LIST

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