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| **Weekly Meal Planner** |  |
| Week of | Breakfast | Lunch | Dinner | Snacks | Grocery List | Notes |
| 7/20/2025 | Oatmeal | Turkey Sandwich | Grilled Salmon | Fruit | Oats, Turkey, Salmon | Prep meals |
| 7/27/2025 | Smoothie | Chicken Salad | Pasta | Nuts | Chicken, Pasta | Buy vegetables |
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| [source: www.neworchards.com](https://www.neworchards.com/)  |