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| --- | --- | --- | --- | --- |
|  | BREAKFAST | LUNCH | SNACK | DINNER |
| Day 1 |  |   |   |   |
| Day 2 |   |   |   |   |
| Day 3 |   |   |   |   |
| Day 4 |   |   |   |   |

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| **Grains, Vegetables, Protein, Fruit, and Dairy must be balanced for the whole day per my plate guidelines.** |
| No of ADULTS: | No of YOUTH: |

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| ITEM | QTY | COMMENTS | ITEM | QTY | COMMENTS |
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**SHOPPING LIST**