



# Your Daniel Fast Weekly Meal Planning Sheet

**Monday** Date: \_\_\_\_\_

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Breakfast

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Lunch

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Dinner

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Side

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Side

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Side

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**Saturday** Date: \_\_\_\_\_

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Breakfast

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Lunch

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Dinner

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Side

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Side

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Side

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**Tuesday** Date: \_\_\_\_\_

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Breakfast

---

Lunch

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Dinner

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Side

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Side

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Side

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**Sunday** Date: \_\_\_\_\_

---

Breakfast

---

Lunch

---

Dinner

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Side

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Side

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Side

---

**Wednesday** Date: \_\_\_\_\_

---

Breakfast

---

Lunch

---

Dinner

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Side

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Side

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Side

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**Shopping List**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Thursday** Date: \_\_\_\_\_

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Breakfast

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Lunch

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Dinner

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Side

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Side

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Side

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**Friday** Date: \_\_\_\_\_

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Breakfast

---

Lunch

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Dinner

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Side

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Side

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Side

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**Notes/Reminders:**