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Week 1 Meal Plan

*"Craving something sugary?
Reach for fruit - it's naturally
sweet and filling."*



Courtney Bruce
West Coast Fever
GK • GD

#GOTGRIT

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	On Rising	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



Week 2 Meal Plan

"Feel like a muffin? Grab some fruit bread with reduced-fat ricotta cheese and chopped up bananas and strawberries instead."



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	On Rising	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



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Week 3 Meal Plan

*"Fancy some potato chips?
Munch on plain popcorn instead."*



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	On Rising	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							