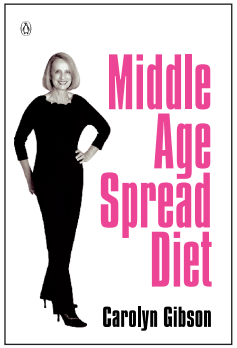

breakfast	morning tea	lunch	early afternoon	late afternoon	dinner	after dinner	checklist
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Pr
C
F
M/Y
Fr
BS
RP
carb nights only

week starting

/ /

shopping list

key

Pr - protein
C - carbohydrate
F - fats
M/Y - milk/yoghurt
Fr - fruit
BS - bits on the side
RP - restricted protein
SI - sheer indulgence
- carb nights only
- B & C refer allowances

Carbs

SI

weekly planner