



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin	Egg Muffin
SNACK	Apple & Nuts	Apple & Nuts	Apple & Nuts	Apple & Nuts	Apple & Nuts	Apple & Nuts	Apple & Nuts
LUNCH	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad
SNACK	Shake	Shake	Shake	Shake	Shake	Shake	Shake
DINNER	Grilled Chicken	Tacos & Salad	Shrimp Stir-Fry	Burger	Chili	Salmon	Steak

Etp Meal Planning Guide

AW Rasmussen



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