Food Chart for a Week

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| --- | --- | --- |
| Sunday  Breakfast  Lunch  Supper |  |  |
| Monday  Breakfast  Lunch  Supper |  |  |
| Tuesday  Breakfast  Lunch  Supper |  |  |
| Wednesday  Breakfast  Lunch  Supper |  |  |
| Thursday  Breakfast  Lunch  Supper |  |  |
| Friday  Breakfast  Lunch  Supper |  |  |
| Saturday  Breakfast  Lunch  Dinner |  |  |

Day Food That Comes from a Plant Part of the Plant