Food Chart for a Week

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| --- | --- | --- |
| SundayBreakfastLunchSupper |  |  |
| MondayBreakfastLunchSupper |  |  |
| TuesdayBreakfastLunchSupper |  |  |
| WednesdayBreakfastLunchSupper |  |  |
| ThursdayBreakfastLunchSupper |  |  |
| FridayBreakfastLunchSupper |  |  |
| SaturdayBreakfastLunchDinner |  |  |

Day Food That Comes from a Plant Part of the Plant