

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
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