MOND	DAY	TUE	SDAY	WEDNESDAY	
Breakfast:		Breakfast:		Breakfast:	\
Lunch:		Lunch:		Lunch:	
Snack:		Snack:		Snack:	
Dinner:		Dinner:		Dinner:	
	THU	IRSDAY	FR	DAY	
	Breakfast:	\	Breakfast:		-000
	Lunch:	N.	Lunch:		
	Snack:		Snack:		
	Dinner:		Dinner:		3
	WEE	K OF:			γ \
	ME	الما كليلا			3
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