



COUPONING  
to be DEBT FREE  
fighting debt one coupon at a time

# Weekly Meal Plan

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## SUNDAY

Breakfast

Lunch

Dinner

## MONDAY

Breakfast

Lunch

Dinner

## TUESDAY

Breakfast

Lunch

Dinner

## WEDNESDAY

Breakfast

Lunch

Dinner

## THURSDAY

Breakfast

Lunch

Dinner

## FRIDAY

Breakfast

Lunch

Dinner

## SATURDAY

Breakfast

Lunch

Dinner