



**STRONG MOMMAS
MEAL PLANNER**

BUILD YOUR OWN!

MON	B	L	S	D
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TUES	B	L	S	D
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WED	B	L	S	D
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THUR	B	L	S	D
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FRI	B	L	S	D
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SAT	B	L	S	D
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SUN
B
L
S
D

HEALTHY EATING HABITS

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes