

# 3-Day Meal Prep Planner (Cozy Style)

## Day 1

Breakfast:

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Lunch:

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Dinner:

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Snack:

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## Day 2

Breakfast:

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Lunch:

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Dinner:

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Snack:

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## Day 3

Breakfast:

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Lunch:

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Dinner:

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Snack:

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## Grocery List

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## Prep Checklist

- Cook proteins
- Chop veggies
- Portion meals
- Store meals

## Notes

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