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| Meal | Day 1 | Day 2 | Day 3 | Day 4 |
| Breakfast |  | Meal:  Ingredients required: | Meal:  Ingredients required: | Meal:  Ingredients required: |
| Lunch | Meal:  Ingredients required: | Meal:  Ingredients required: | Meal:  Ingredients required: | Meal:  Ingredients required: |
| Dinner | Meal:  Ingredients required: | Meal:  Ingredients required: | Meal:  Ingredients required: |  |
| Snacks | Snacks to be bought: | Snacks to be bought: | Snacks to be bought: | Snacks to be bought: |

EXAMPLE:

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| Day 2 |
| Breakfast Meal: Porridge with fruit  Ingredients required: Quick Oats, powdered milk, water, tubs of fruit in juice. |
| Lunch Meal: Tuna and Salad Wraps  Ingredients required: Packet of wraps, sachets (not tins) of Tuna, 1 x cos lettuce, cucumber, squeeze bottle of mayonnaise, Cheese, avocado |
| Dinner Meal: Pesto Pasta with Turkey  Ingredients required: Penne Pasta, Small jar/tube of pesto paste, water, vacuum sealed pre cooked turkey breast. Broccoli and carrots. |
| Snacks to be bought: Dried Fruit selection, 3 x Muesli bars, 1 x chocolate bar, water, powdered cordial. |