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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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***Use this chart to plan your 80/20 lifestyle. This allows you 4 meals out of the week where you can splurge a bit. Plan ahead for these moments and focus on being mindful about how much and how often you splurge.***