

AUSTRALIAN MIND BODY INSTITUTE

Weekly Meal Planner

| Breakfast | Lunch | Dinner | Snacks |
|-----------|-----------|-----------|-----------|
| Monday | Monday | Monday | Monday |
| Tuesday | Tuesday | Tuesday | Tuesday |
| Wednesday | Wednesday | Wednesday | Wednesday |
| Thursday | Thursday | Thursday | Thursday |
| Friday | Friday | Friday | Friday |
| Saturday | Saturday | Saturday | Saturday |
| Sunday | Sunday | Sunday | Sunday |



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**We think differently.
We teach differently.**

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Training Organisation (RTO ID xxxxx)