



The Mermaid's Weekly Meal Plan

Meals

shopping list

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Mermaid's Meal Tips

- Pull out your cookbooks and find recipes or make mine (:
- Write up your list for the week. Use food delivery services for non perishables - huge time saver
- Make extras of everything - can you say left-overs?
- Prep ahead of time so at night you are just throwing it all together
- Eat mindfully, chew your food and savor it, you worked hard