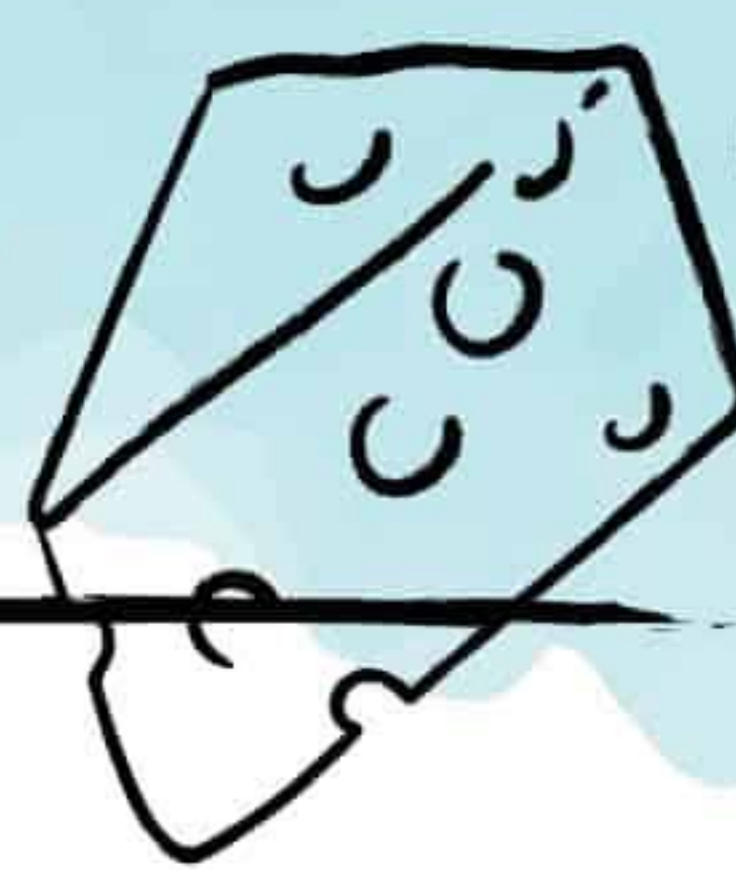


Weekly Meals



WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				