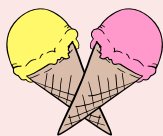
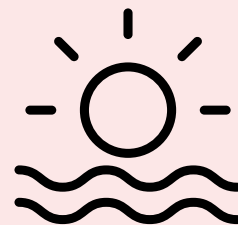


# SUMMER WEEKLY MEAL PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				

# WINTER WEEKLY MEAL PLAN



WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

TUE

WED

THU

FRI

# CHRISTMAS & HOLIDAY WEEKLY MEAL PLAN



WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

TUE

WED

THU

FRI