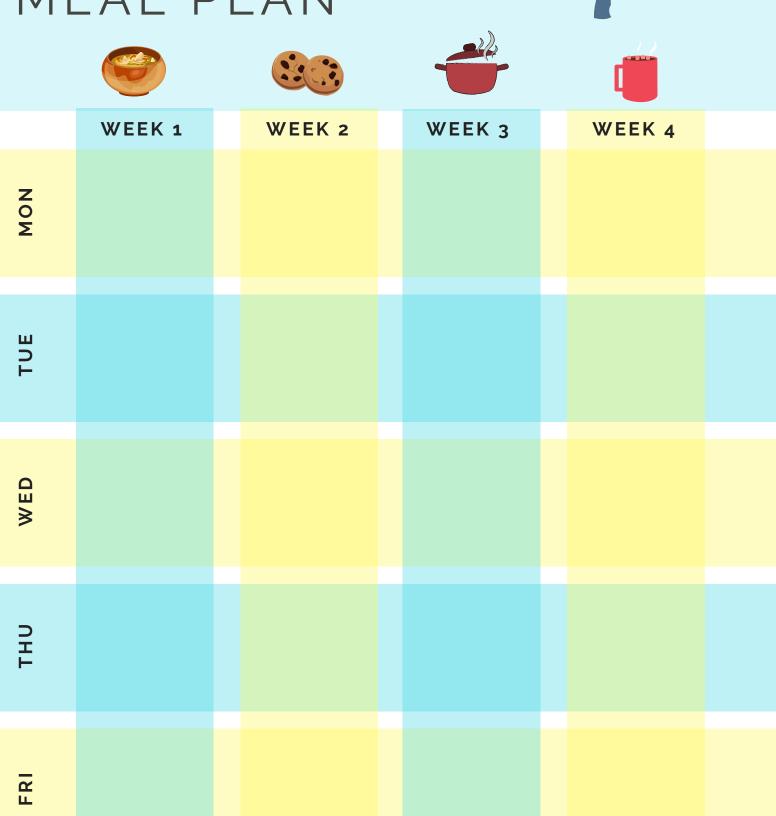
SUMMER WEAKLY MEAL PLAN



			P. P. P.	
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
N O W				
TUE				
WED				
JHL				
FRI				

WINTER WEAKLY MEAL PLAN





CHRISTMAS & HOLIDAY WEAKLY MEAL PLAN WEEK 1 WEEK 3 WEEK 4 WEEK 2 N O Σ TUE WED THO FRI