


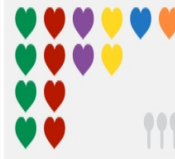
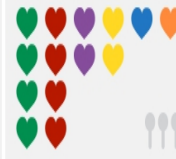
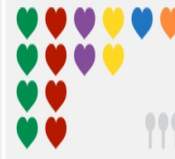
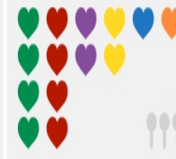


Weekly Meal Plan

week of

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1200-1499 CALs							
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							
SERVINGS OF WATER	