



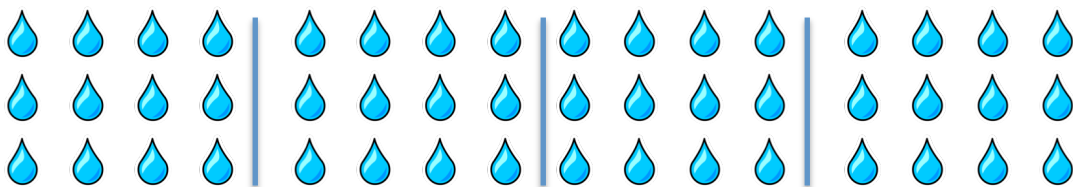
thursday

friday

saturday

sunday

BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK			
LUNCH	LUNCH	LUNCH	LUNCH
SNACK			
DINNER	DINNER	DINNER	DINNER
SNACK			



week of: \_\_\_\_\_