



You are What you Eat!



Week at a glance

Menus

M

T

W

T

F

S

S

Shopping List



Breakfast & Lunch

Snack List

☆☆ Just Sayin.... ☆☆

You are what you eat
so don't be fast, cheap,
easy, or fake.

☆☆ Drink your Water ☆☆

6:30

8:00

9:30

11:00

1:30

3:00

4:30

6:00





What is on the Menu?



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What is There to Eat?



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☆☆ Just Sayin... ☆☆

I followed my heart and it led me to the kitchen.

☆☆ Drink your Water ☆☆

6:30

8:00

9:30

11:00

1:30

3:00

4:30

6:00





Food Glorious Food



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☆☆ Just Sayin... ☆☆

You only live once.
Lick the bowl!

☆☆ Drink your Water ☆☆

6:30

1:30

8:00

3:00

9:30

4:30

11:00

6:00

