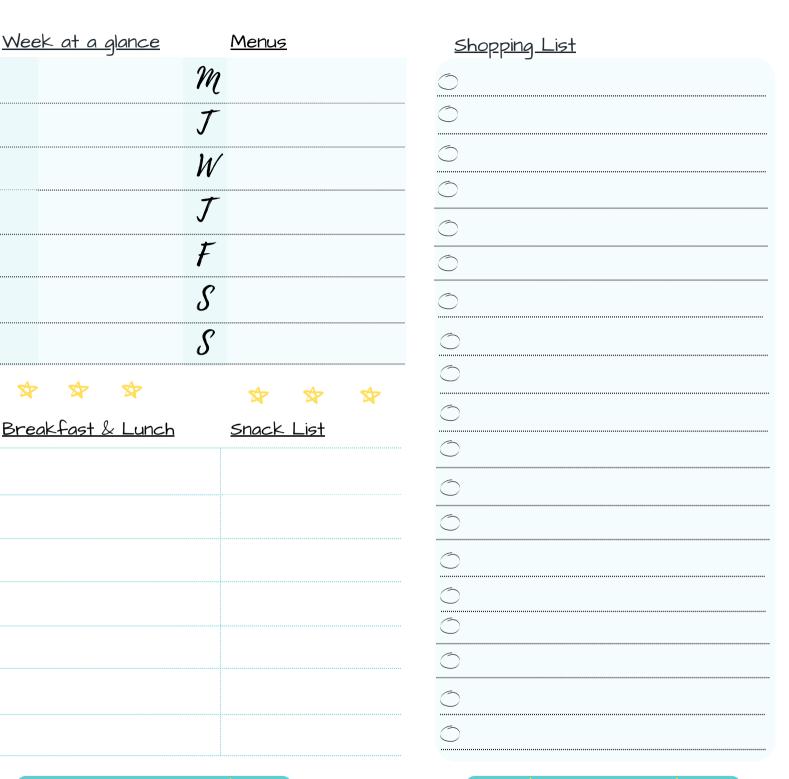


Week at a glance

You are What you Eat!



6:30

8:00

9:30

11:00

Drink your Water

1:30

3:00

4:30

6;00

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

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What is on the Menu?



<u>Week at a glance</u>	Menus	<u>Shopping List</u>
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-		$\bigcirc$
J		$\bigcirc$
F		$\bigcirc$
S		$\bigcirc$
S		$\bigcirc$
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🛠 🛠 🛠 <u>Breakfast &amp; Lunch</u>	<u>Snack List</u>	$\bigcirc$
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You are what you eat so don't be fast, cheap, easy, or fake.

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What is There to Eat?



<u>Week at a glance</u>	Menus	<u>Shopping List</u>
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	J	$\bigcirc$
	W	<u> </u>
	J	
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<u>Breakfast &amp; Lunch</u>	<u>Snack List</u>	$\bigcirc$
		$\bigcirc$



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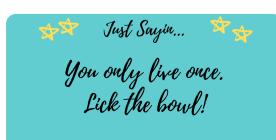




Food Glorious Food



<u>Week at a glance</u>	Menus	<u>Shopping List</u>
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🕸 🛠 🛠 <u>Breakfast &amp; Lunch</u>	🛠 🛠 🛠 <u>Snack List</u>	$\bigcirc$
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