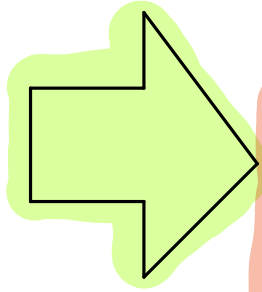


MEAL PREP

monday

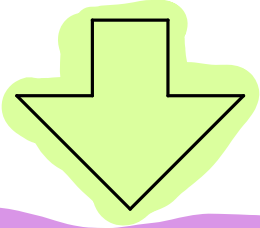


meal prep time!

B:

L:

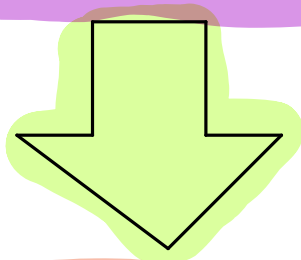
D:



Breakfast:

Lunch:

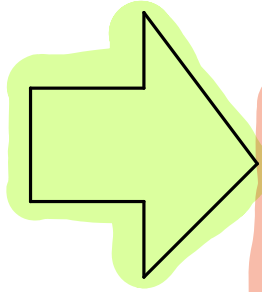
Dinner:



Groceries Needed:

MEAL PREP

Tuesday

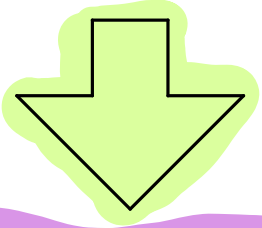


meal prep time!

B:

L:

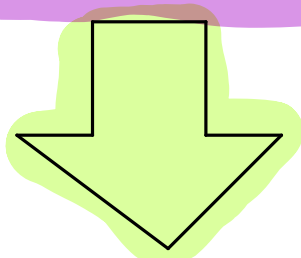
D:



Breakfast:

Lunch:

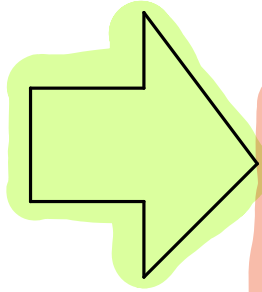
Dinner:



Groceries Needed:

MEAL PREP

wednesday

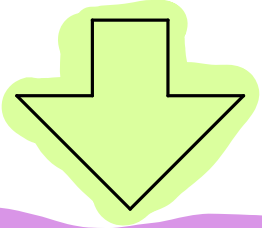


meal prep time!

B:

L:

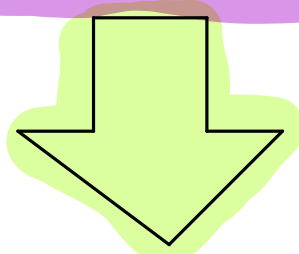
D:



Breakfast:

Lunch:

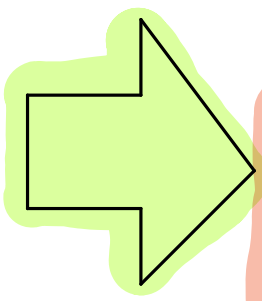
Dinner:



Groceries Needed:

MEAL PREP

Thursday

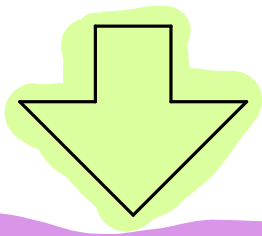


meal prep time!

B:

L:

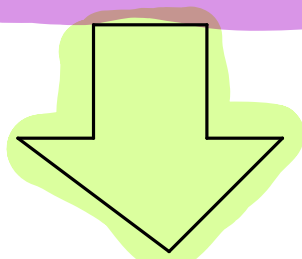
D:



Breakfast:

Lunch:

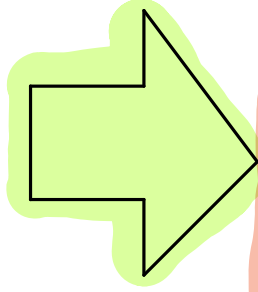
Dinner:



Groceries Needed:

MEAL PREP

Friday



meal prep time!

B:

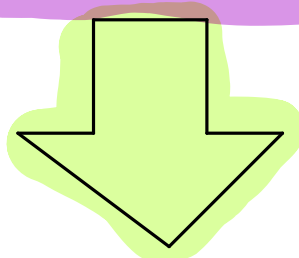
L:

D:

Breakfast:

Lunch:

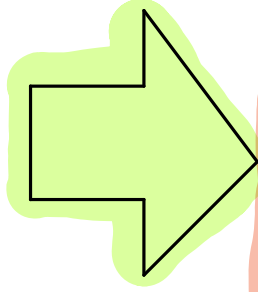
Dinner:



Groceries Needed:

MEAL PREP

Saturday



meal prep time!

B:

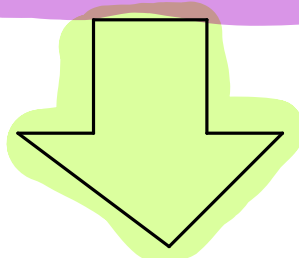
L:

D:

Breakfast:

Lunch:

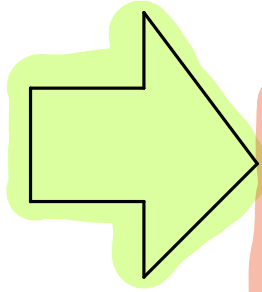
Dinner:



Groceries Needed:

MEAL PREP

Sunday

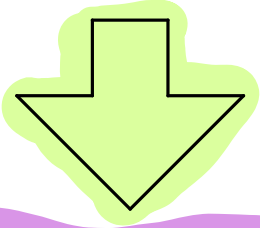


meal prep time!

B:

L:

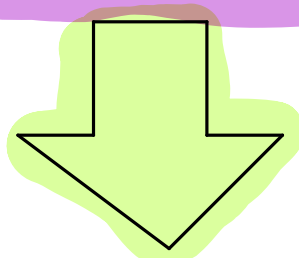
D:



Breakfast:

Lunch:

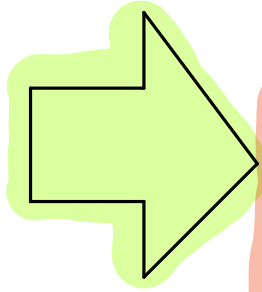
Dinner:



Groceries Needed:

MEAL PREP

Extra

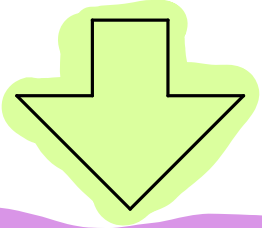


meal prep time!

B:

L:

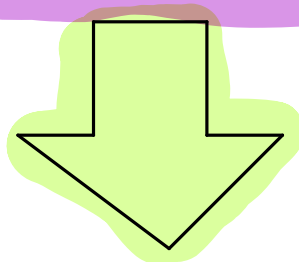
D:



Breakfast:

Lunch:

Dinner:



Groceries Needed:

