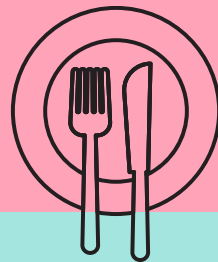


THIS WEEK'S MEALS



M

Blank space for meal planning for Monday.

T

Blank space for meal planning for Tuesday.

W

Blank space for meal planning for Wednesday.

T

Blank space for meal planning for Thursday.

F

Blank space for meal planning for Friday.

S

Blank space for meal planning for Saturday.

S

Blank space for meal planning for Sunday.

SHOPPING LIST

Large blank area for writing a shopping list.

NOTES

Blank area for writing notes.