


weekly  
*Meal Ideas*

*Breakfast*



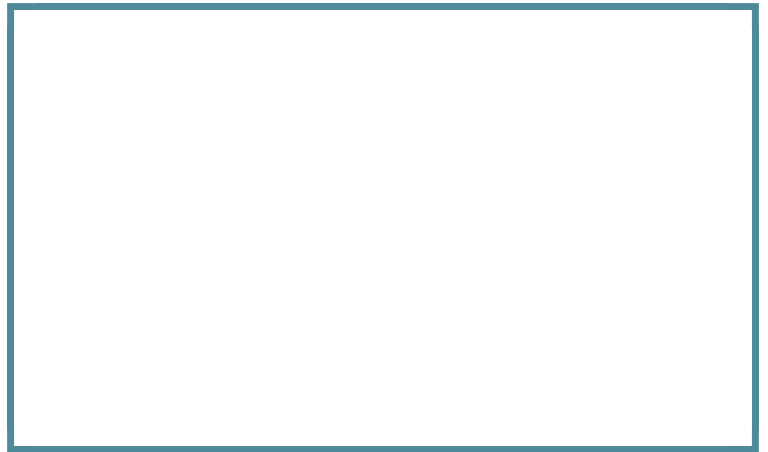
*Sides*



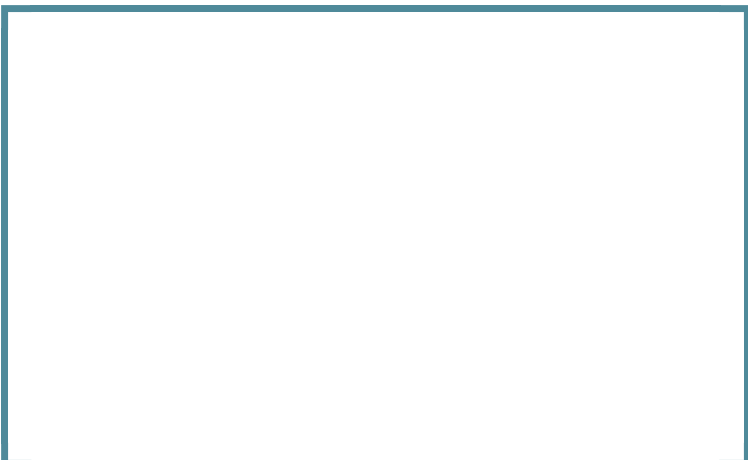
*Lunch*



*Veggies*



*Dinner*



*Snacks*

