


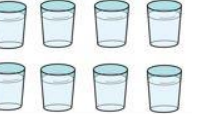
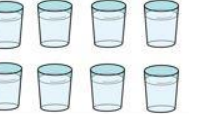




Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Daily Exercise							