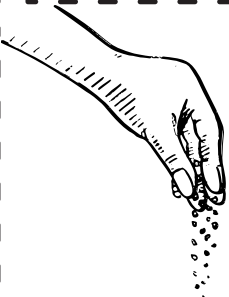


Weekly Meal Plan

MONDAY	FRIDAY
TUESDAY	SATURDAY
WEDNESDAY	SUNDAY
THURSDAY	 <p>COOKING IS A PROFOUND ACT OF SELF-CARE</p>