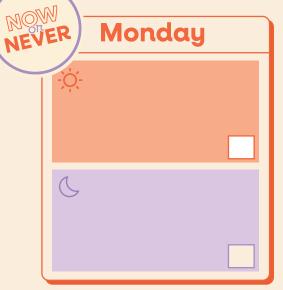
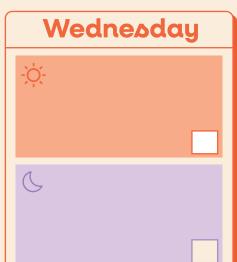
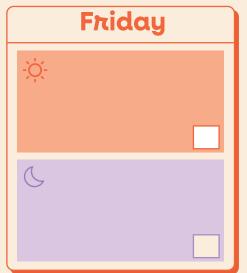
WEEKLY MEAL PLANNER

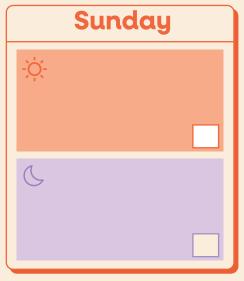
BENEFITS:

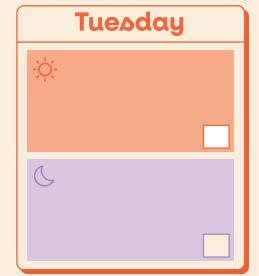
- Spend your time on other activities.
- -> Reduce the temptation to order take out or dine out.
- → Maintain a balanced diet & avoid unhealthy alternatives.

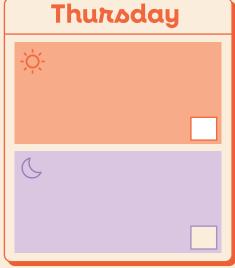


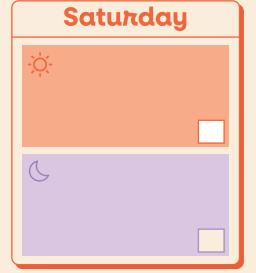














"Take care of your body.
It's the only place you have to live."

Remember you're doing this for you!