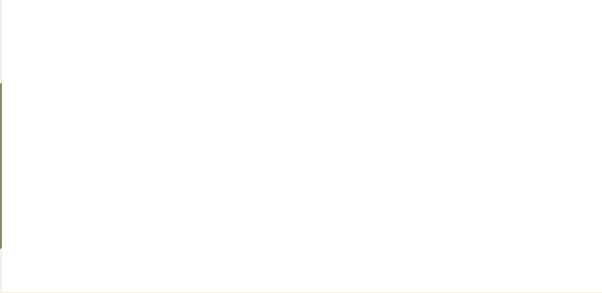
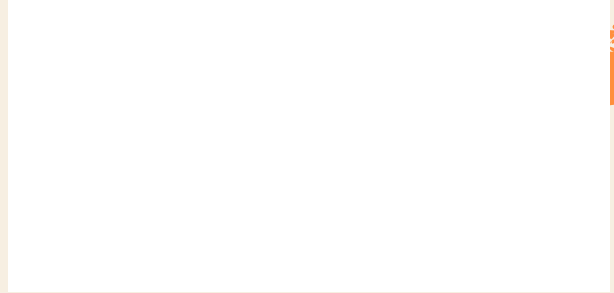


WEEKLY DINNER MEAL PLAN

SUN




MON




TUES



WED




THURS



FRI



SAT



Serve water with every meal

Remember the "Division of responsibility"

Let your children serve themselves