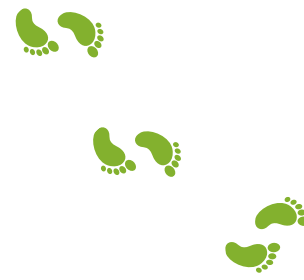


A little planning goes a long way...



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Lunch						
Dinner						

