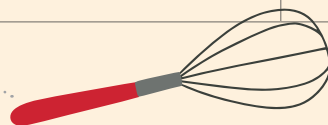
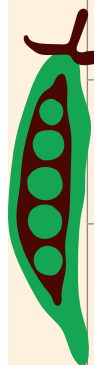


# Weekly Meal Plan



DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	GROCERIES
M Monday						
T Tuesday						
W Wednesday						
T Thursday						
F Friday						
S Saturday						
S Sunday						



2021

VAUGHAN **FITNESS**

