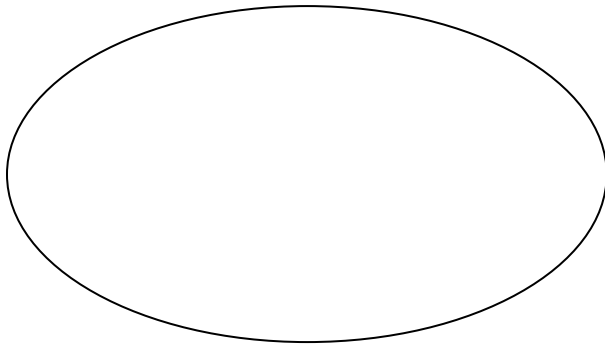
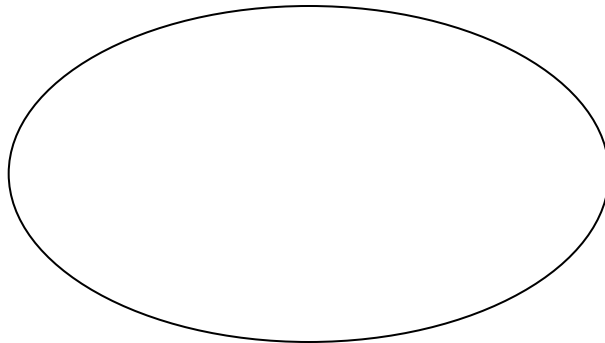


MEAL PLANNING

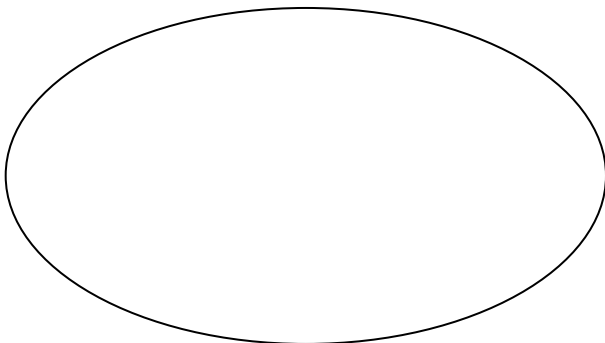


BREAKFAST

Remember to keep your meals well balanced. Roughly, in a day you should have the following servings: 3 Milk, 2 Meat, 4 Grain, and 4 Fruit/Vegetables



LUNCH



DINNER