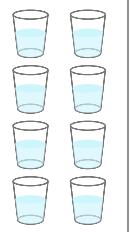
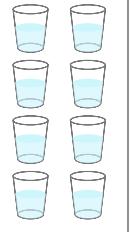
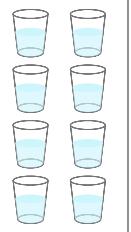
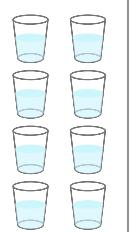
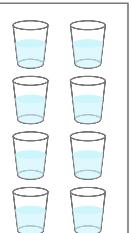
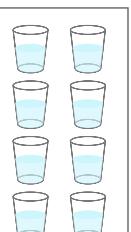


# weekly meal planner

## and water tracker

monday				
tuesday				
wednesday				
thursday				
friday				
saturday				
sunday		