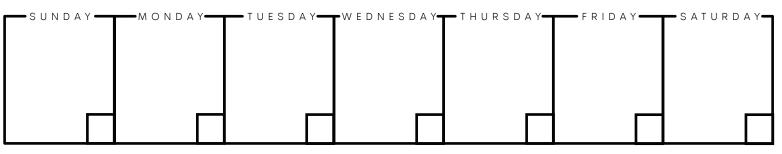


**MONTHLY DINNER PLAN** 

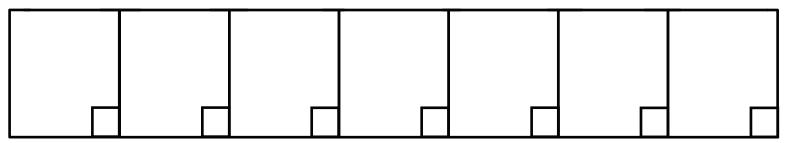
MONTH:

freezer meals prepped and delivered.

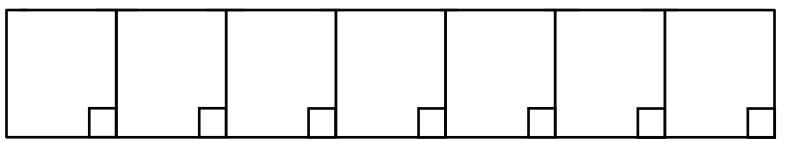
## WEEK 1



## WEEK 2



WEEK 3



WEEK 4

FREEZER MEALS	ΝΟΤΕS	
-	-	
-	-	
-	-	
-	-	
-	-	