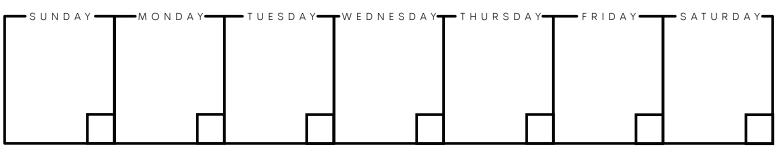


MONTHLY DINNER PLAN

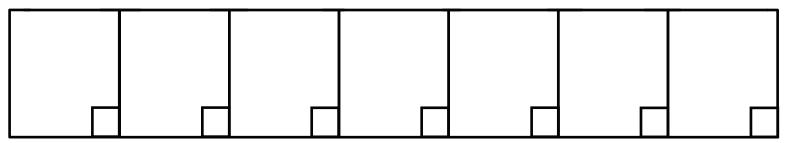
MONTH:

freezer meals prepped and delivered.

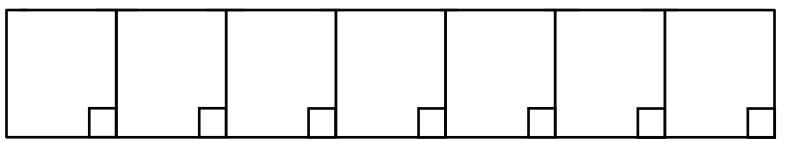
WEEK 1



WEEK 2



WEEK 3



WEEK 4

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