


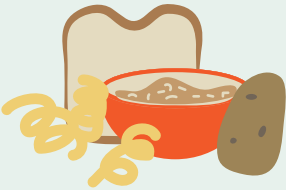


Eat One of Each	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Protein 							
Fruits & Vegetables 							
Calcium 							
Grains & Starches 							

Name: