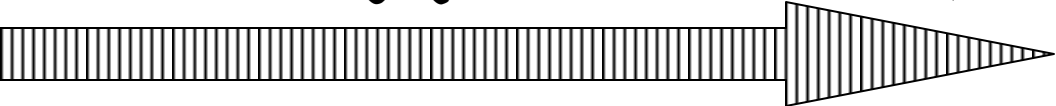


the first thing you need to *cook up* is a plan.



this week

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
break fast							
lunch							
dinner							
snacks							

next week

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
break fast							
lunch							
dinner							
snacks							