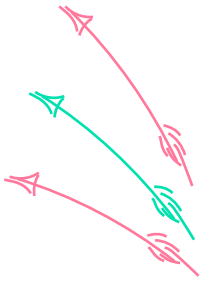
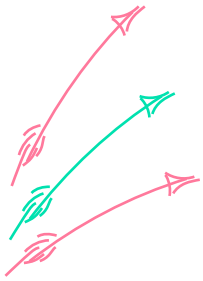


SUCCESSFUL SUNDAYS!!



week of: _____

meal planning	breakfast	lunch	dinner
sunday			
monday			
tuesday			
wednesday			
thursday			
friday			
saturday			

grocery list

important to-dos