ONE WEEK MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
realifair	breakfast	hreaktust	breakfres	hreakfast	breakfast	breakfast
ncb.	lanch	lundi	lsoch	linch	lundi	luach
	0.00					
nack	inack	inack	snack	inack	enack	smed/.
dimar	dinner	dimer	dinter	dinner	dinner	dimer

WWW.AKADESIGN.CA