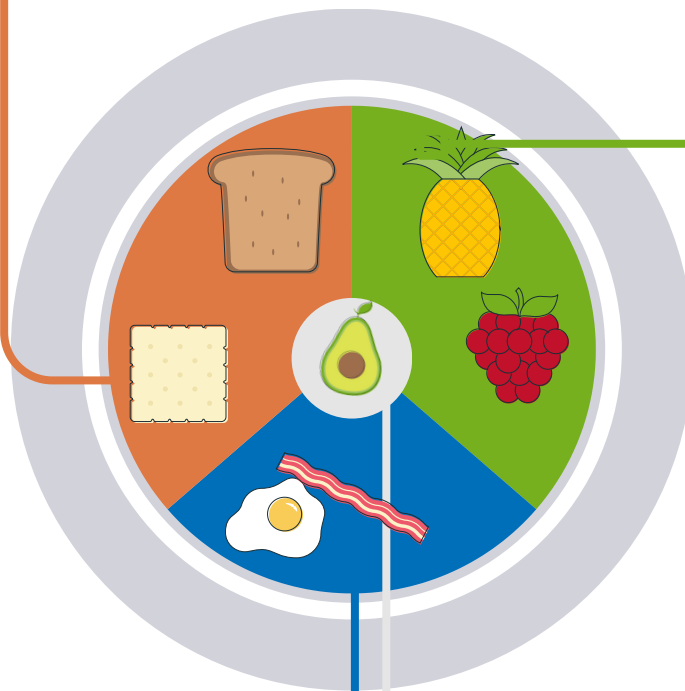
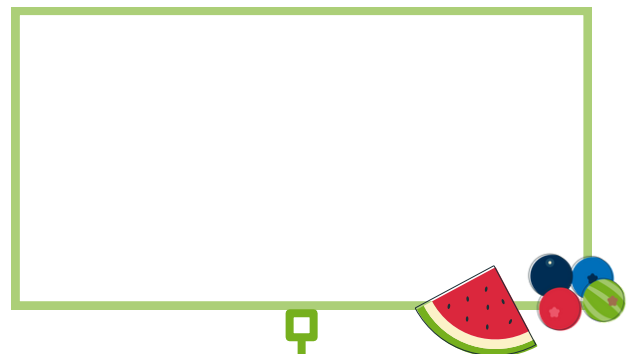


Plate Planner: Breakfast

Choose your Grains & Starches:



Choose your Fruit & Vegetables:



Choose your Protein:



Choose your Healthy Fat:

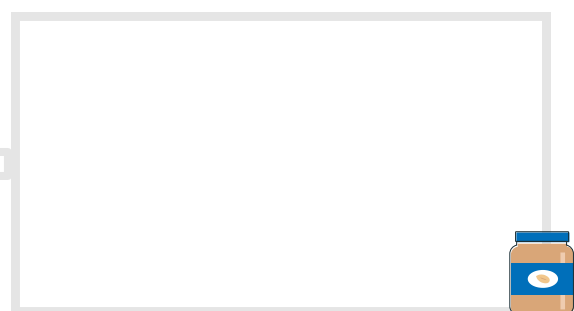
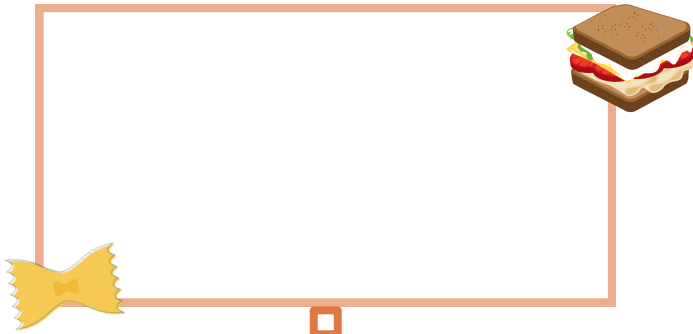
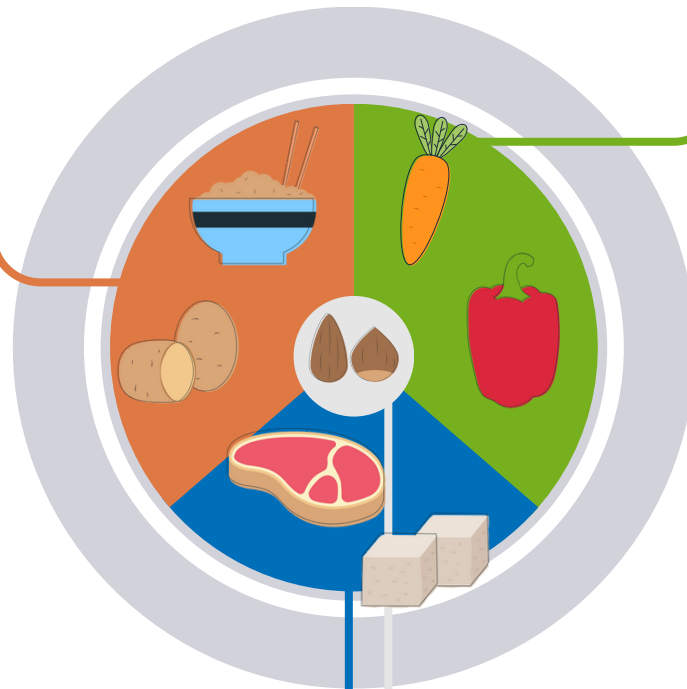


Plate Planner: Lunch

Choose your Grains & Starches:



Choose your Fruit & Vegetables:



Choose your Protein:



Choose your Healthy Fat:

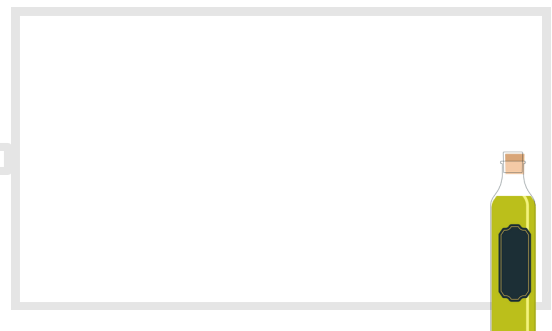
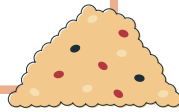
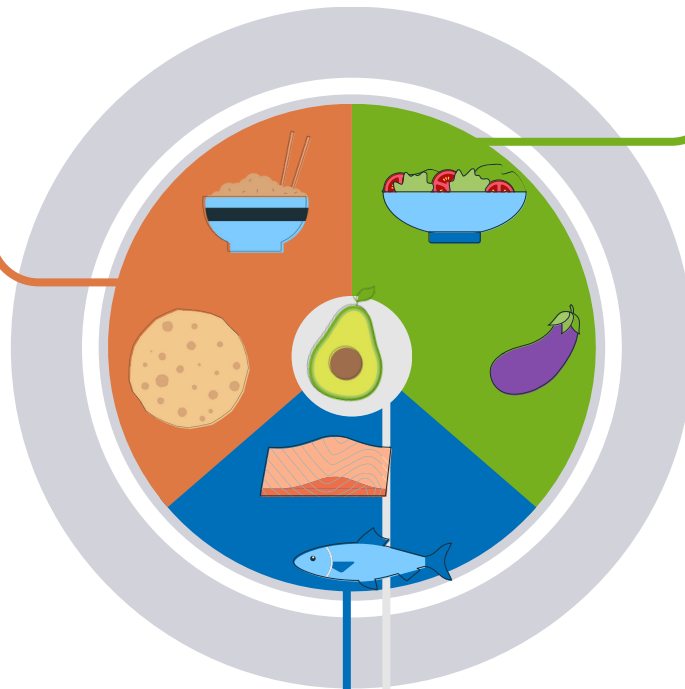


Plate Planner: Dinner

Choose your Grains & Starches:



Choose your Fruit & Vegetables:



Choose your Protein:



Choose your Healthy Fat:

