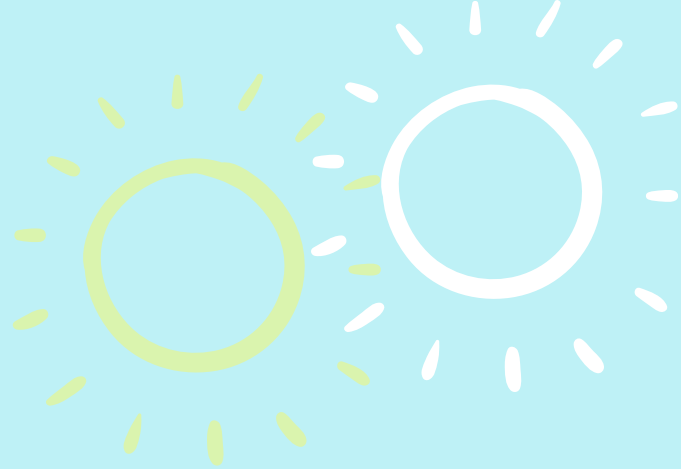


BREAKFAST

MORNING MEAL PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON	Cheerios Milk Apple	Eggs Cottage Cheese Tomato	Cheerios Milk Turkey Sausage	Avocado Toast	
TUE	Eggs Bacon Toast	Cheerios Milk Turkey Sausage	Oatmeal Berries	Cheerios Cottage Cheese Almonds	
WED	Oatmeal Granola	Cheerios Milk Banana	Avocado Toast	Cheesy Eggs with Toast	
THU	Avocado Toast	Oatmeal Banana	Easy Egg Omelette	Cheerios Milk Turkey Sausage	
FRI	Cheerios Milk Turkey Sausage	Avocado Toast	Cheerios Yogurt Blueberries	Oatmeal Eggs	