
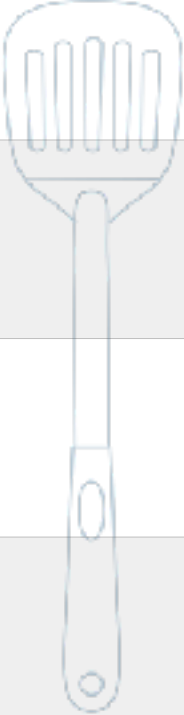
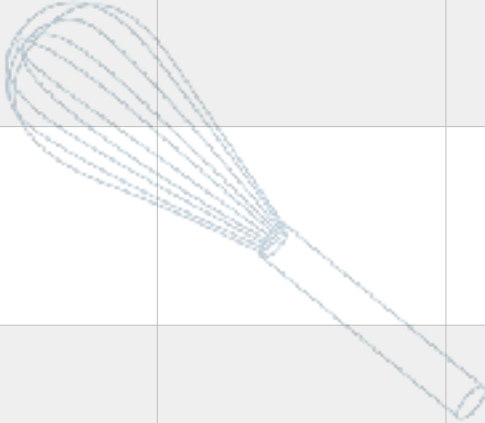


# My Trim Healthy Meal Plan

<b>Day</b>	<i>Breakfast</i>	<i>Lunch</i>	<i>Supper</i>	<i>Snack</i>
<b>Mon</b>				
<b>Tue.</b>				
<b>Wed.</b>				
<b>Th.</b>				
<b>Fri.</b>				
<b>Sat.</b>				
<b>Sun.</b>				