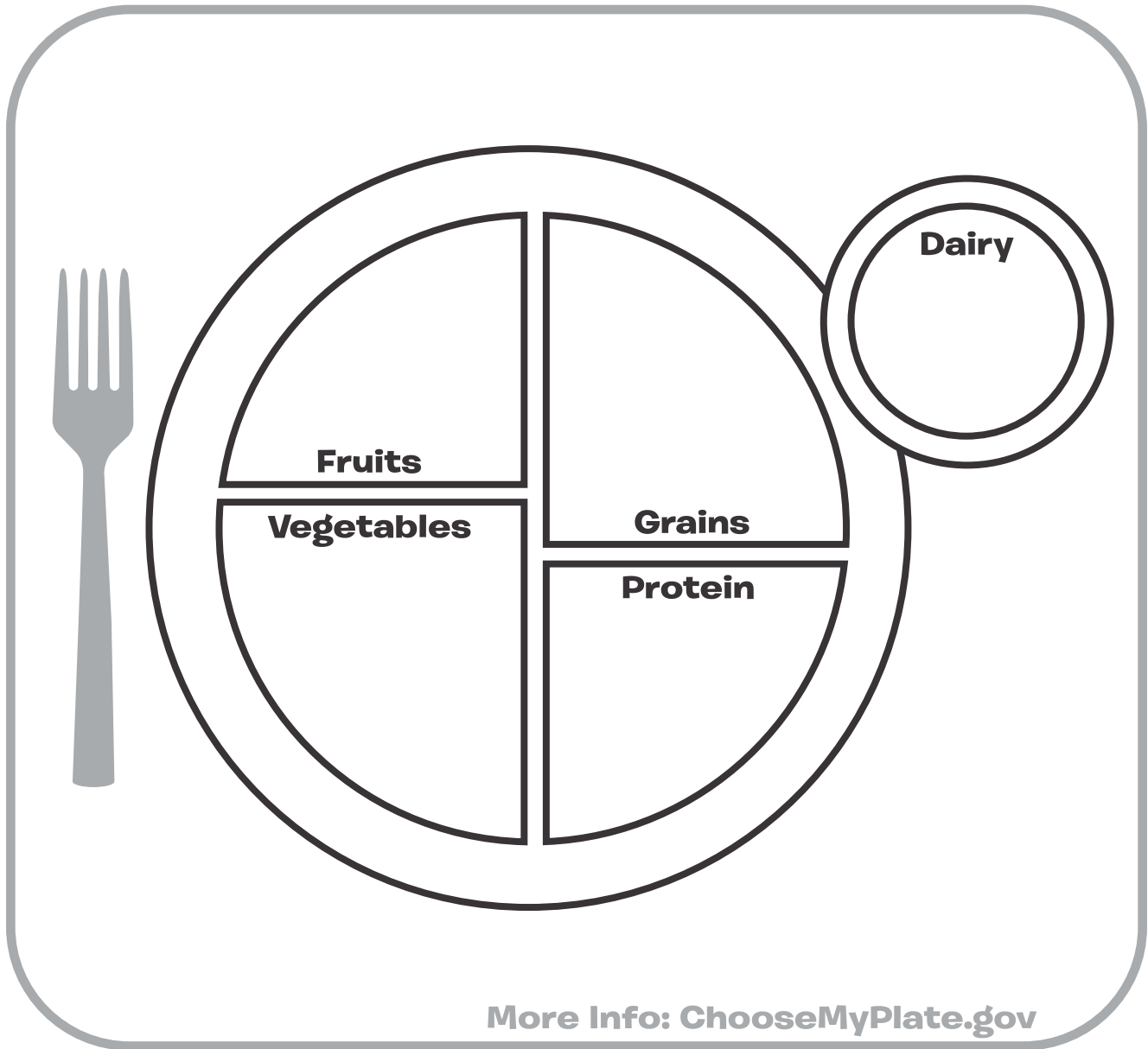


# Plan a Healthy Meal

See page 121-122 in Wolf Handbook



## My Grocery List

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____