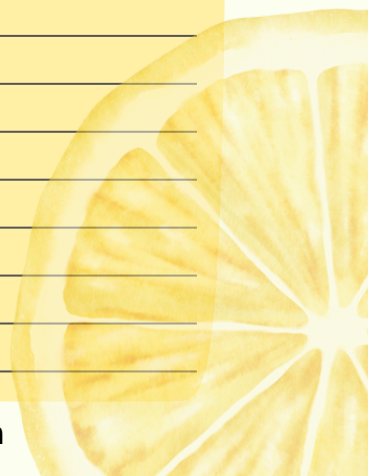
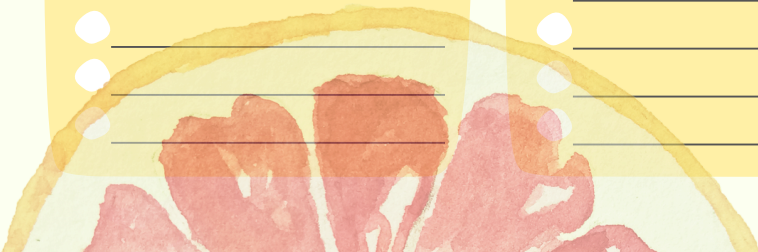


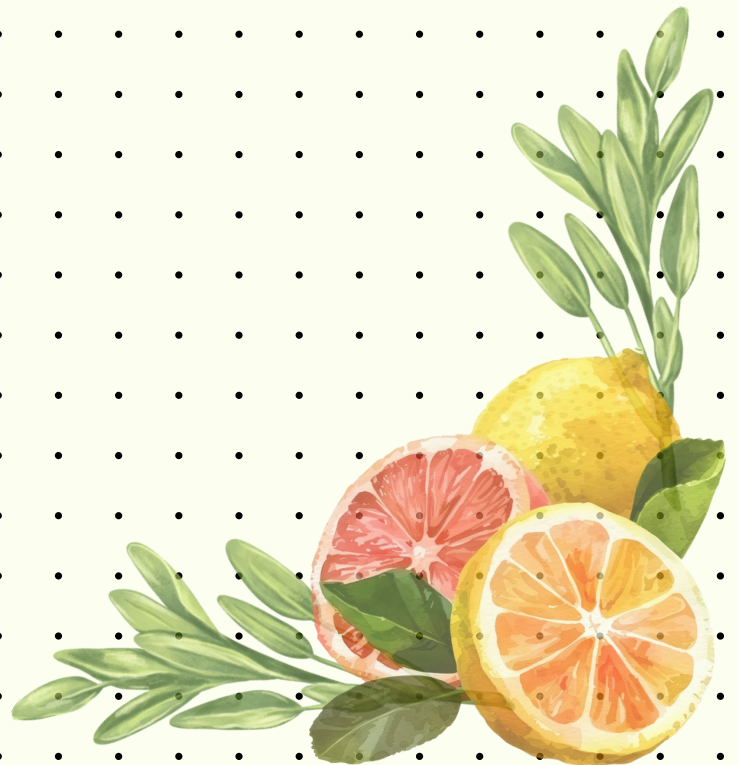
A decorative header featuring a watercolor-style illustration of various fruits and greenery. It includes a whole yellow lemon, a sliced pink grapefruit, a sliced orange, and several green leaves and sprigs of herbs. Below the fruit, there are two yellow rectangular boxes with white outlines, each containing a series of horizontal lines for writing.

A blank yellow notepad with a white header, a row of ten circular punch holes on the left, and a decorative watercolor splash in the bottom left corner.

Yellow notepad with a white handle and ten horizontal lines for writing.

Yellow notepad with a white handle and ten horizontal lines for writing.

Yellow notepad with a white handle and ten horizontal lines for writing.



Meal planner

MONDAY

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ SUPPER
- ☐ SNACKS

TUESDAY

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ SUPPER
- ☐ SNACKS

WEDNESDAY

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ SUPPER
- ☐ SNACKS

THURSDAY

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ SUPPER
- ☐ SNACKS

FRIDAY

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ SUPPER
- ☐ SNACKS

SAT./SUN.

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ SUPPER
- ☐ SNACKS