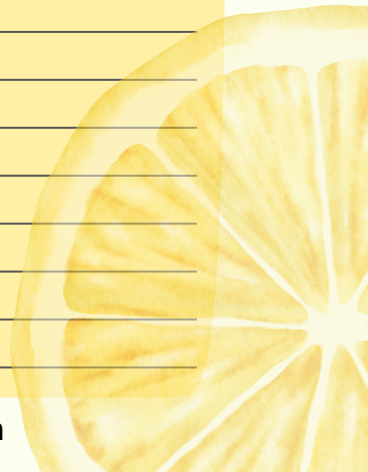
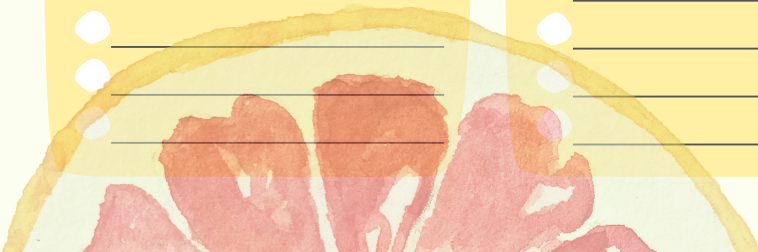
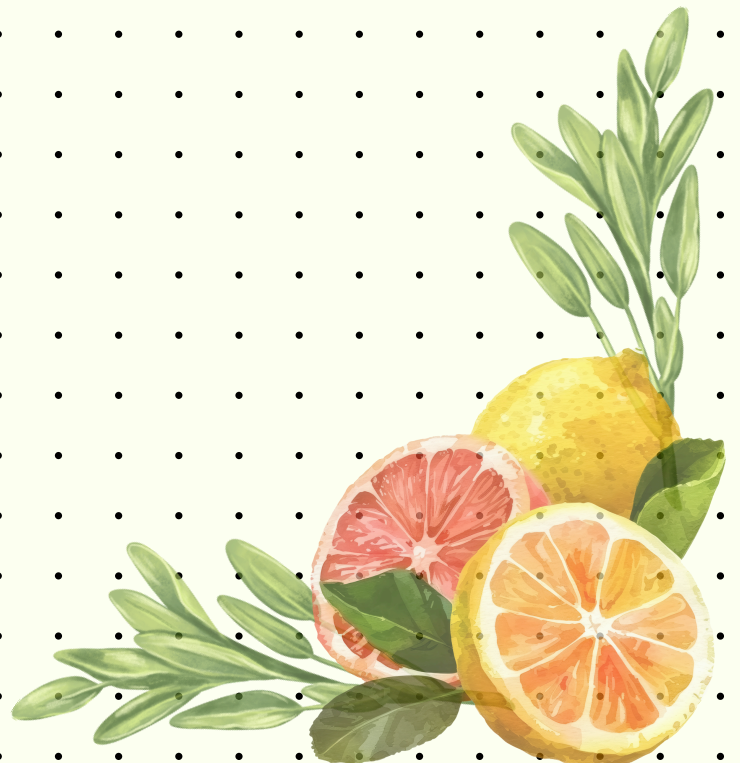


A decorative header featuring a watercolor-style illustration of various fruits and greenery. It includes a whole yellow lemon at the top center, a sliced grapefruit showing its pinkish-red segments on the left, a sliced orange showing its orange segments in the center, and several green leaves and sprigs of herbs like dill or fennel on the right and bottom left. Below the fruit illustrations are two yellow rectangular boxes with white outlines. The left box has a white tab on its top edge and five white circular checkboxes on its left side, followed by five horizontal lines for text. The right box is partially visible and also has a white tab and checkboxes.

A yellow notepad with a white header, a row of seven white circular punch holes on the left, and horizontal ruling lines. A colorful watercolor splash is at the bottom left.





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