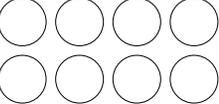
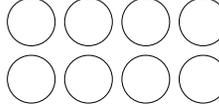
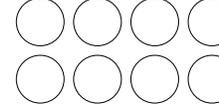
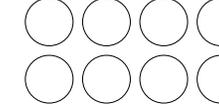
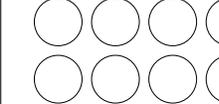
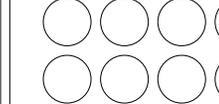
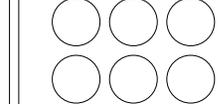


WEEK OF _____

HEALTHY SOLUTIONS
CALL (850) 309-0356 or TEXT (850) 629-0345

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
WATER							
EXERCISE							