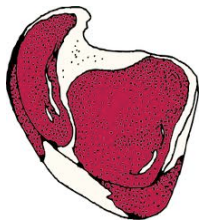

Family Dinner Menu

	Protein	Meal
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		



Recommended Weekly Consumptions

*8+ ounces of fish
4-8 ounces of red meat*

