bariatric FOOD COACH

Monthly Menu

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Themed Days

MONDAY = MEDITERRANEAN, TUESDAY= TACO / TEX MEX, WEDNESDAY = ITALIAN, THURSDAY = AROUND THE WORLD (ASIAN, THAI, HAWAIIAN), FRIDAY = HOMESTYLE CLASSICS *BARI FRIENDLY, SATURDAY = GRILL, SUNDAY = CLEAN THE FRIDGE

MONDAY =

TUESDAY=

WEDNESDAY =

THURSDAY =

FRIDAY =

SATURDAY =

SUNDAY =

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