

HEALTH AND NUTRITION



CARBOHYDRATES



Proteins

Fats

Calories



VITAMINS

A

C

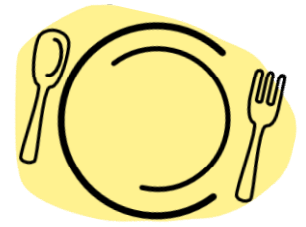
D

K

B



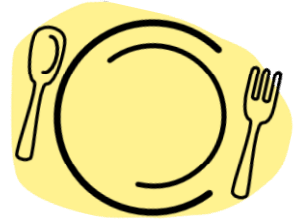
One Week Dinner Menu



Day	Menu Items	Nutritional Info



Dinner Menu



Date _____

Beverage:

Main Course:

Side Dishes:

Nutritional Information