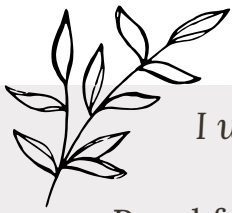


Meal Plans



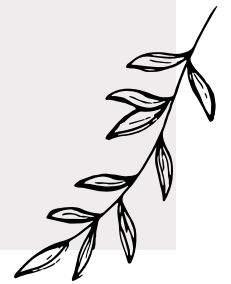
I will plan my meals being mindful of what I already have.

Breakfast

Lunch

Dinner

Snack



Items to Use From the Pantry, Fridge & Freezer

Ingredients Needed/ Shopping List



Visit holisticwellnesswithtracym.com to embrace natural living, healthy habits and herbal goodness.

