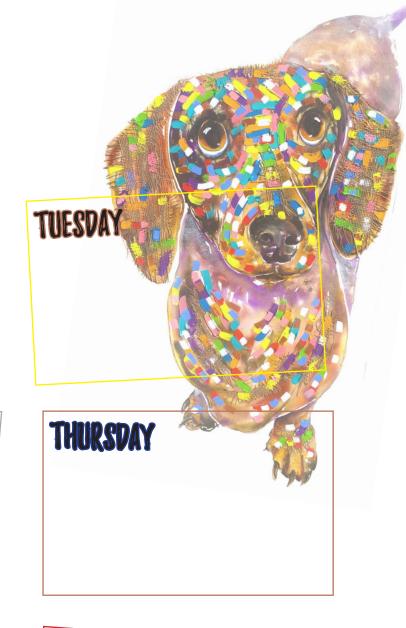
## Meal Planner Exercise, drink heaps of water and eat clean.









SATURDAY
----------

MATTER

MATES		