

YES,

LET'S GET COOKING SHEET

	M	T	W	R	F	S	S
Starch							
Veggie							
Protein							
Starch							
Veggie							
Protein							
Starch							
Veggie							
Protein							
Starch							
Veggie							
Protein							

"Everything in moderation... including moderation." -JULIA CHILD

MONTH: _____ YEAR: _____

NAME(S): _____

NOTES: _____

