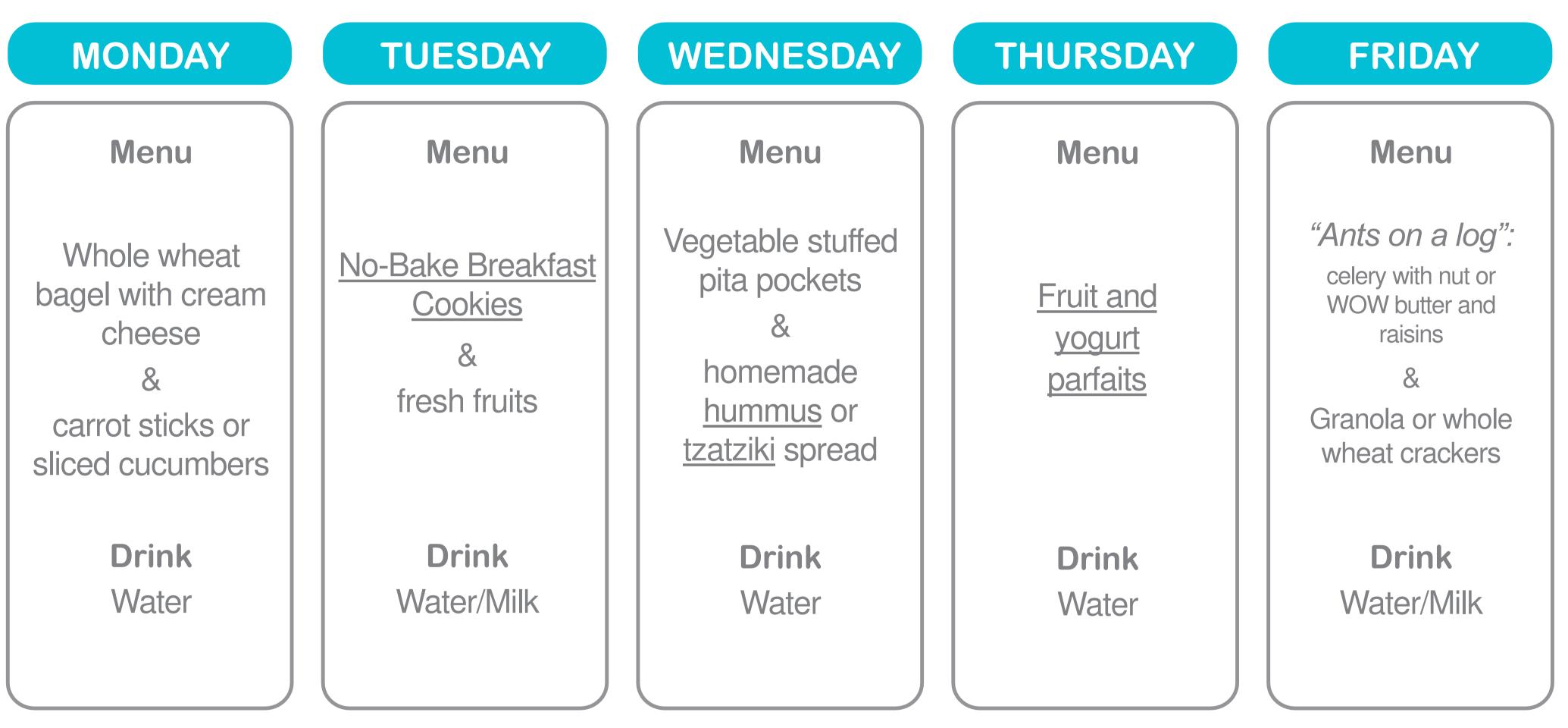


Sample Planner – Prepared Cold Menu



NOTES & SUGGESTIONS

Make the most of your ingredients- Leftover vegetables and fruits from early in the week can be used as ingredients for menu items later in the week. For example, unused vegetables can be used to stuff the pita pockets, and fresh fruits can be added to parfaits.