



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.
Reference: USDA MyPlate

BREAKFAST

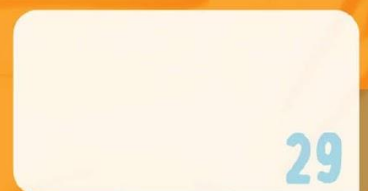
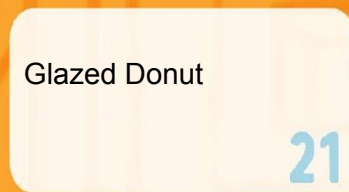
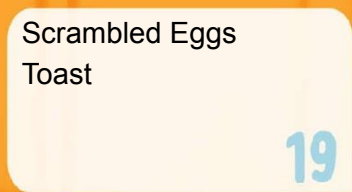
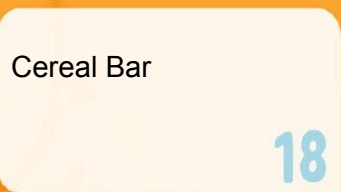
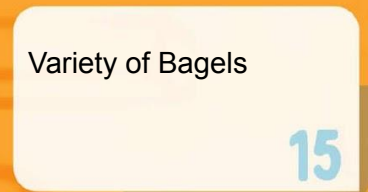
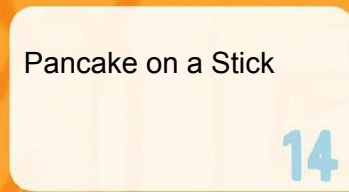
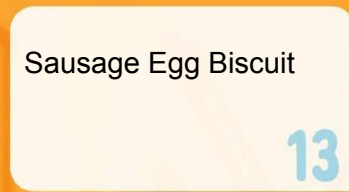
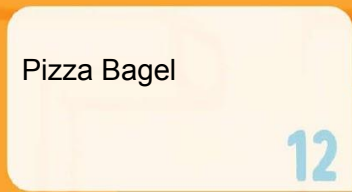
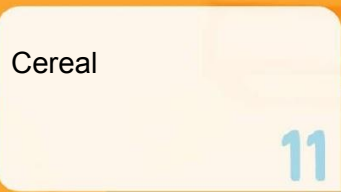
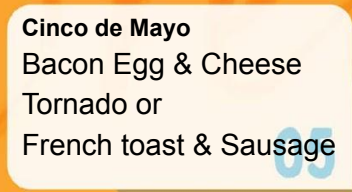
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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MAY 2026