







Meat-Free Meal Planner

Help protect forests by choosing at least one day a week when you'll go meat-free

| DAY | BREAKFAST  | LUNCH  | DINNER  | SNACKS  |
|-----------|---|--|--|--|
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

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