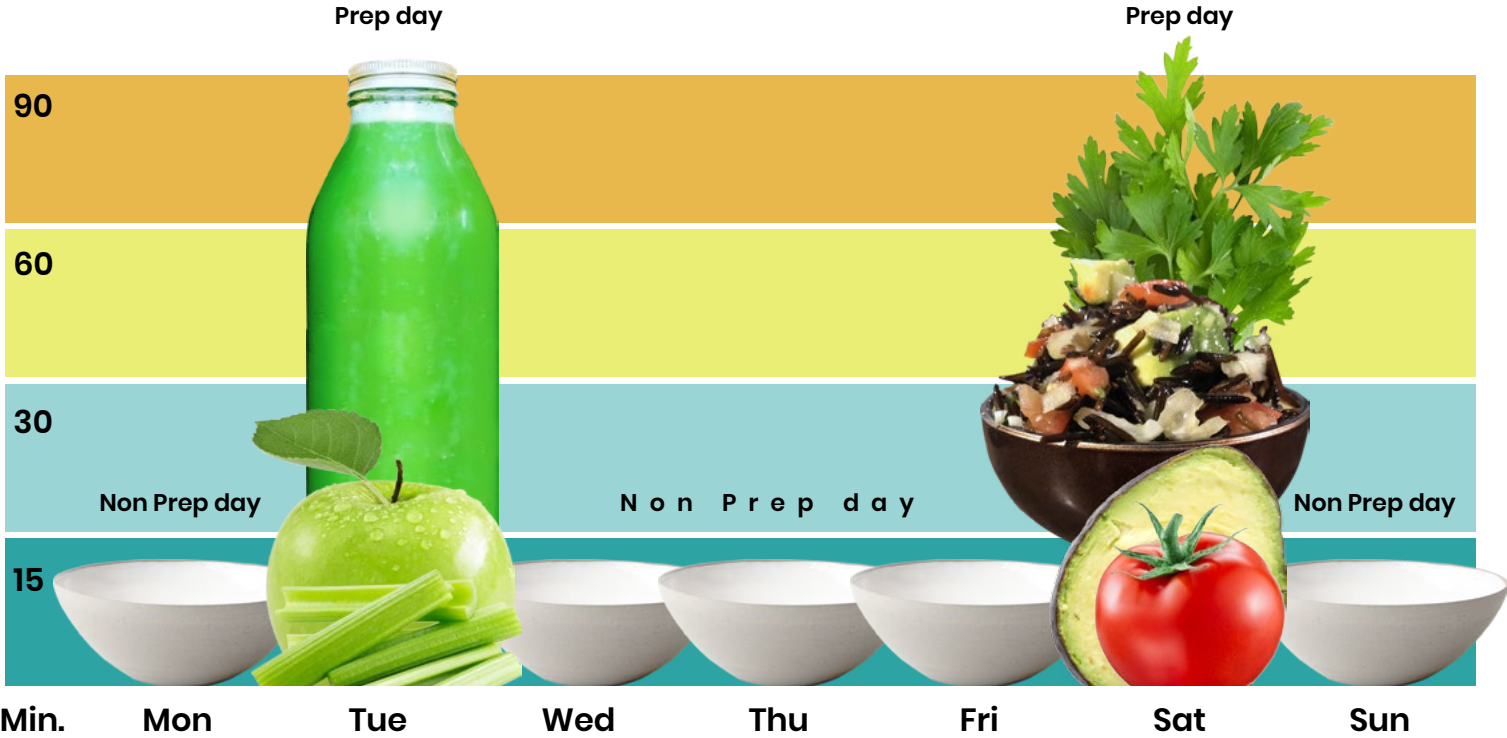


Food Production Sample Schedule



Prepare your food 2 days per week in bulk for the rest of the week.
5 days per week, recreate leftovers with a different spice,
sauce, or condiment.



Write a Note