## HOLIDAY MENU PLANNER:

BEVERAGES:		DESSERTS:
	_	
APPETIZERS:		ENTREE:
	_	
	_	
SIDES:		SIDES:
	_	

PROTEIN:	SPICES/CONDIMENTS:	PRODUCE:
DAIRY:	SPICES/CONDIMENTS:	
		BEVERAGES:
	weightwise bariatric program	