

ENERGY FOR PERFORMANCE

Meal Planning Worksheet

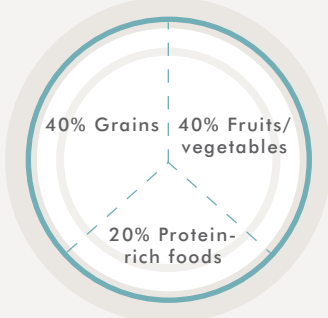
A PROGRAM BROUGHT TO YOU BY JANUS LABS

BREAKFAST

Day 1

Day 2

Day 3



Grain
Fruit/
vegetable

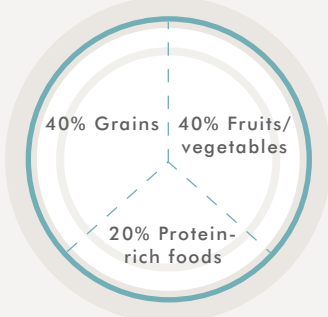
Protein
Snack
ideas

LUNCH

Day 1

Day 2

Day 3



Grain
Fruit/
vegetable

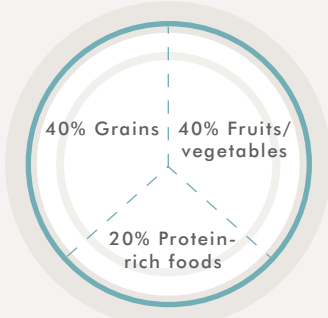
Protein
Snack
ideas

DINNER

Day 1

Day 2

Day 3



Grain
Fruit/
vegetable

Protein
Snack
ideas

Please see back for important disclosures.

Investment products offered are: NOT FDIC-INSURED MAY LOSE VALUE NO BANK GUARANTEE



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