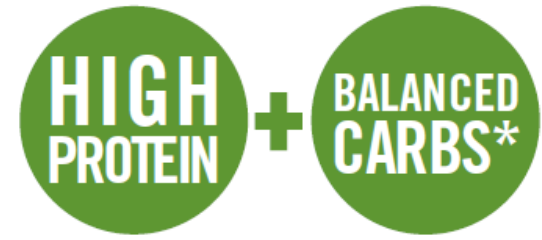


M&S

EST. 1884

Balanced For You Tracker



	Breakfast	Lunch	Dinner	Nutrition
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				