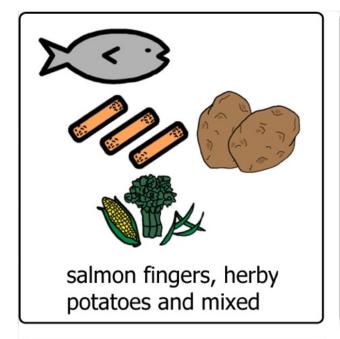
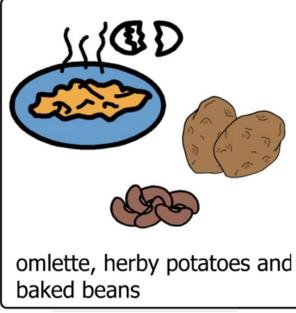
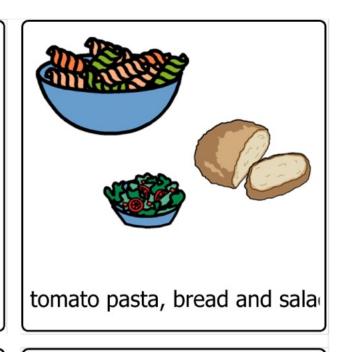
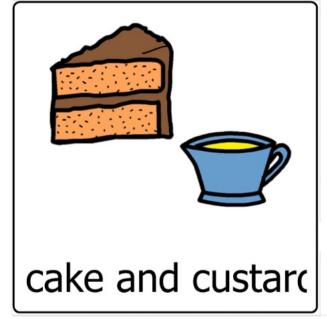
Week 1- Monday



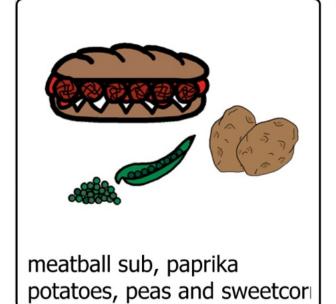




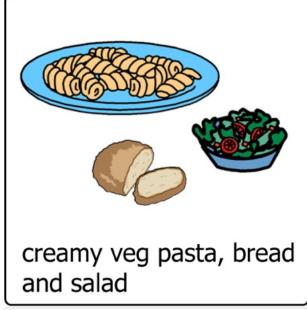


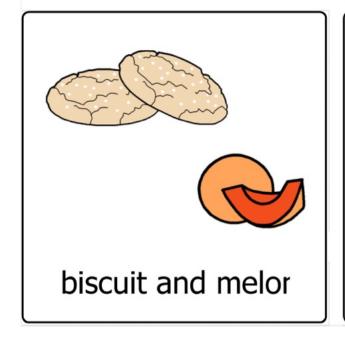


Week 1- sugarwise Tuesday







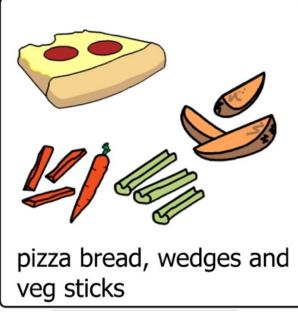


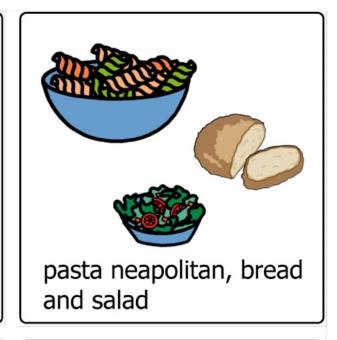


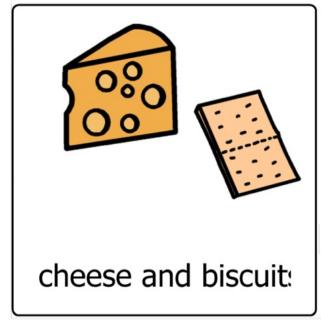


Week 1- sugarwise Wednesday

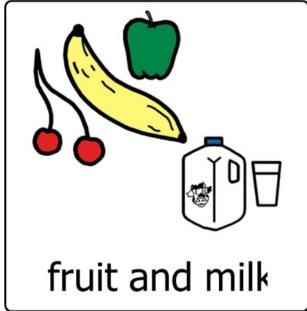




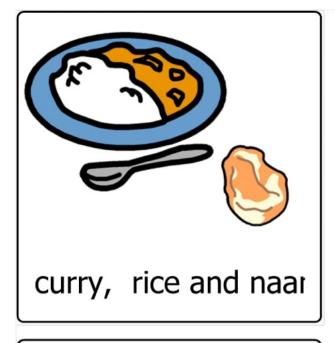


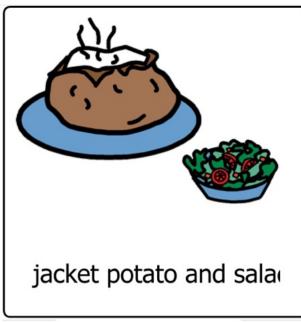


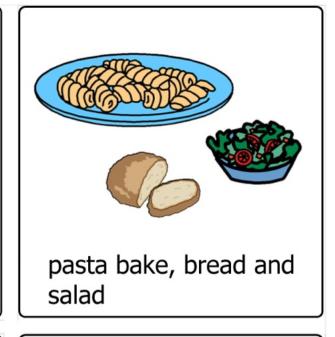


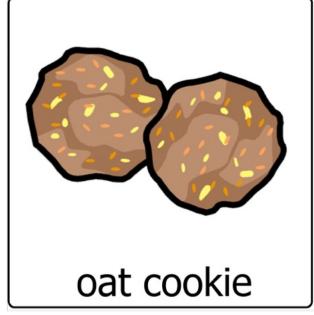


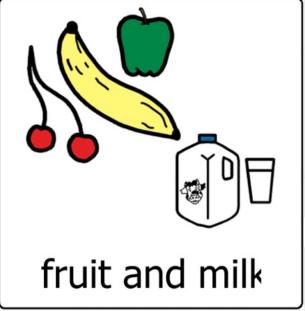
Week 1- sugarwise Thursday



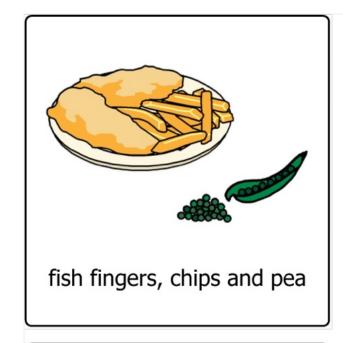


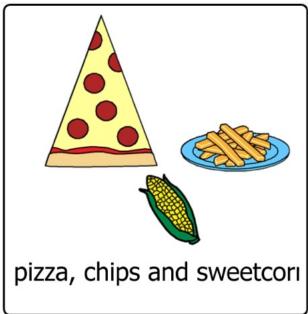


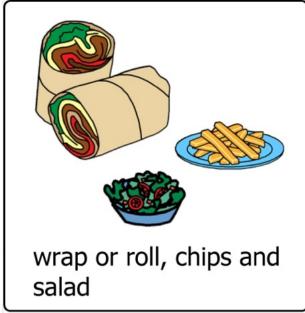




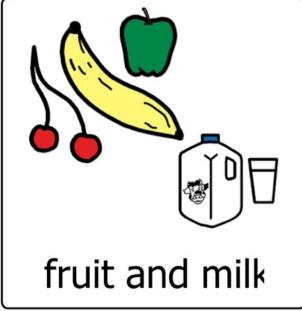
Week 1- Friday favourites

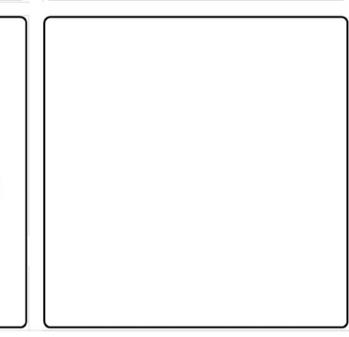




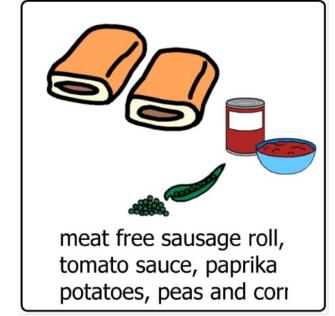


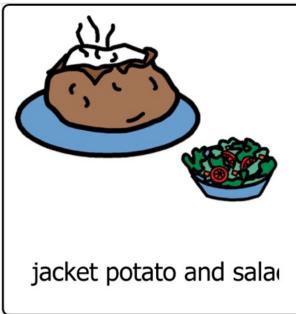


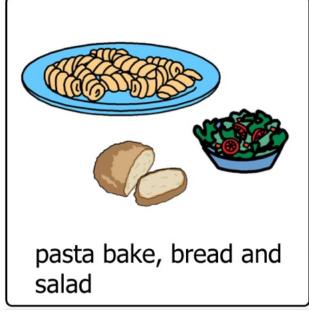


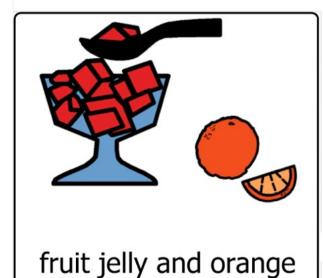


Week 2- meat free Monday

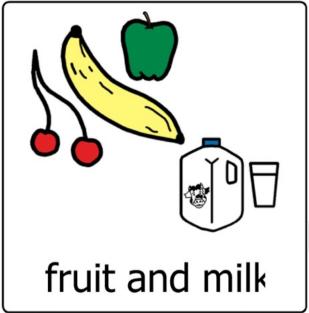


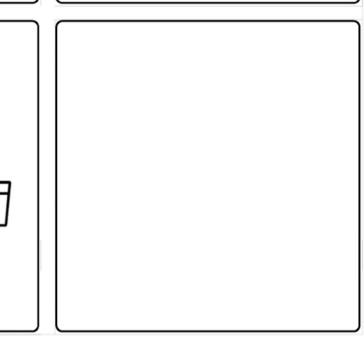




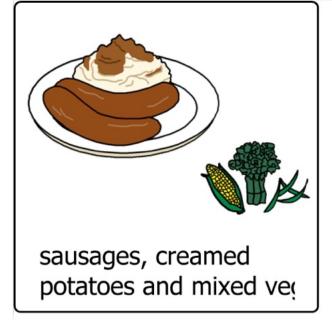


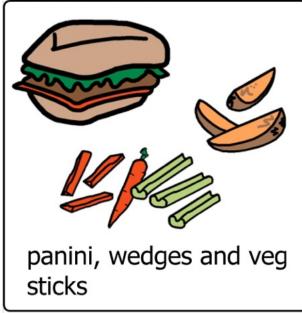
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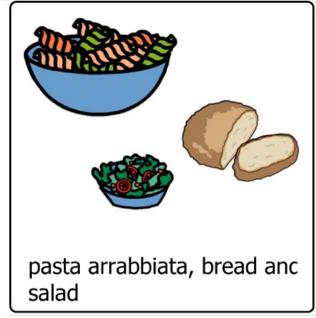


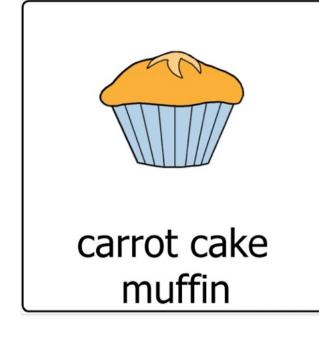


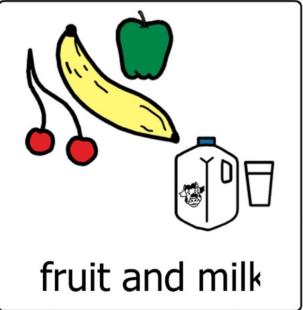
Week 2- sugarwise Tuesday

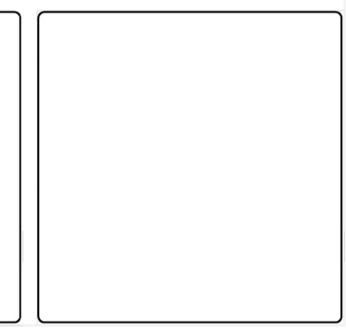




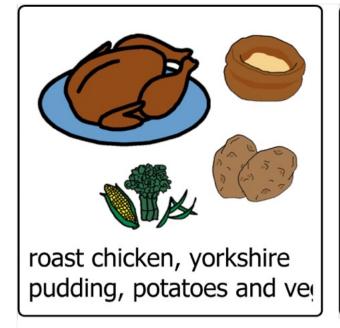


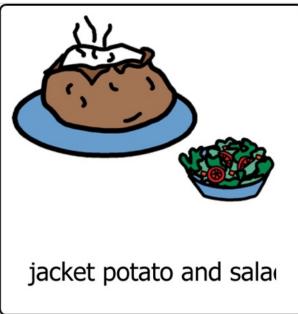


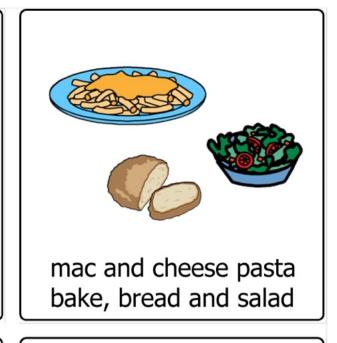


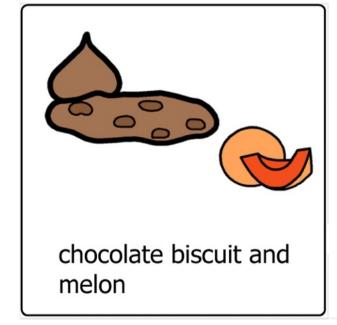


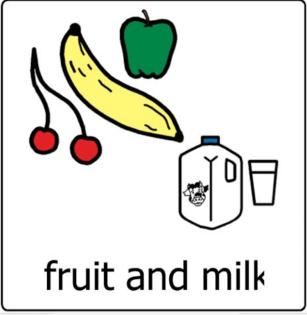
Week 2- sugarwise Wednesday



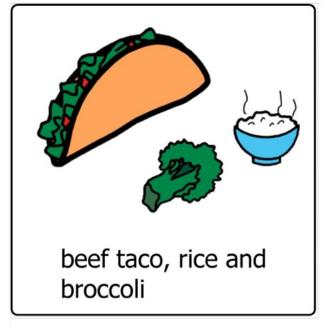


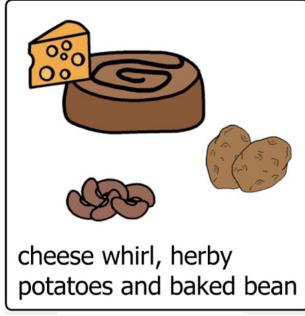


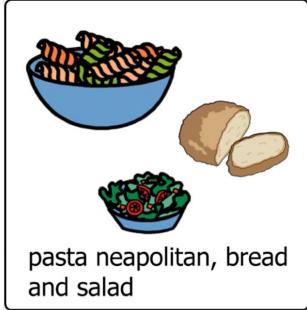


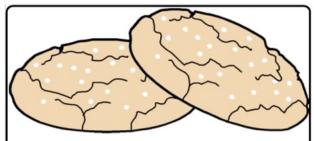


Week 2- sugarwise Thursday

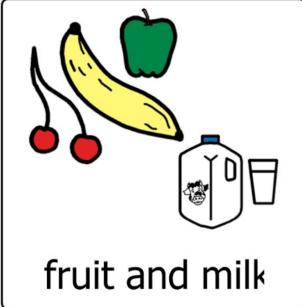


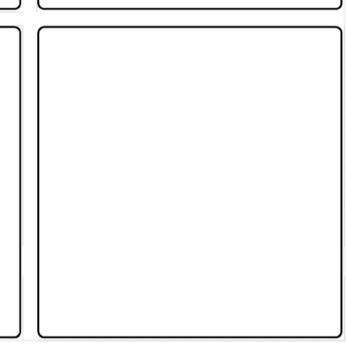




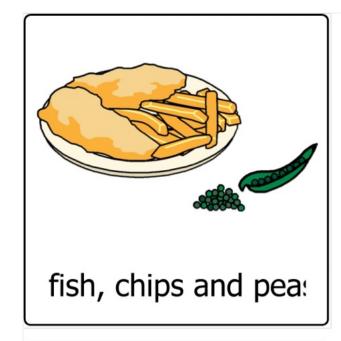


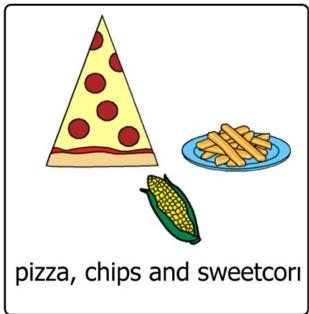
coconut cookie

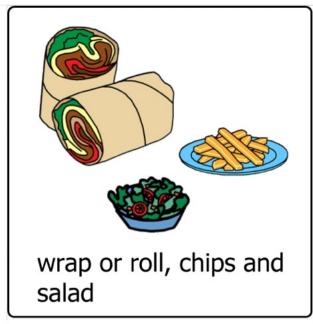




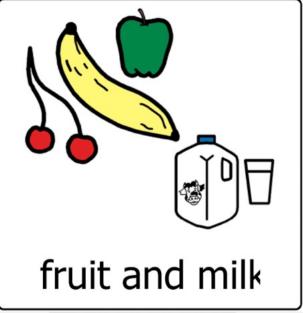
Week 2- Friday favourites

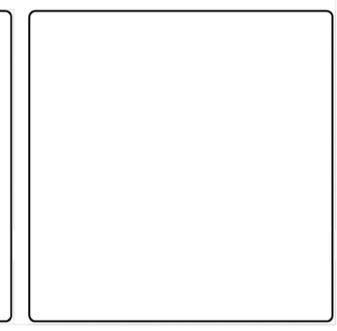




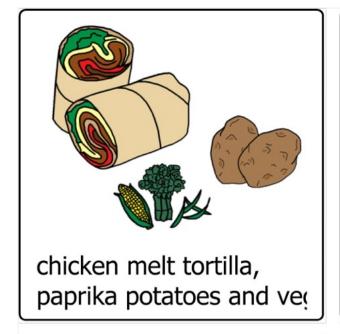


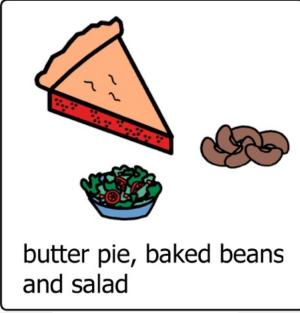


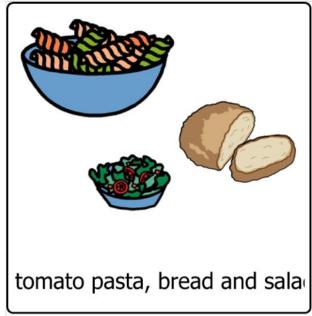


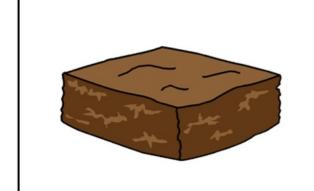


Week 3- Monday

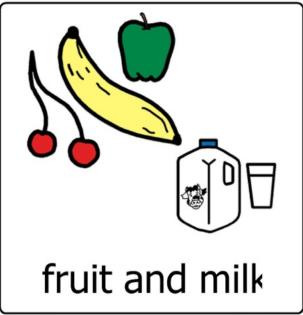






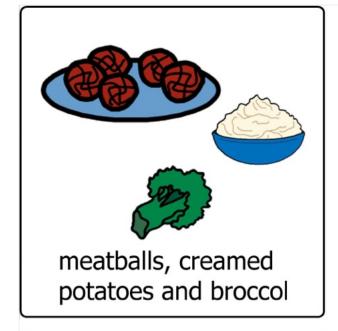


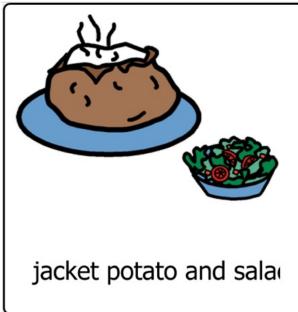
brownie and chocolate sauce

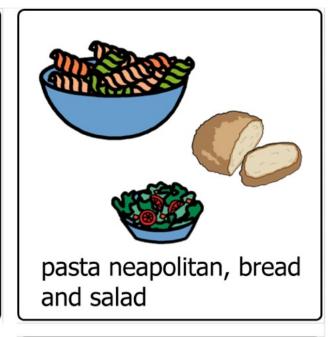


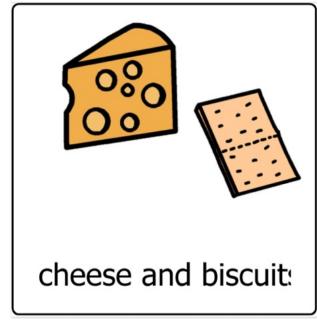


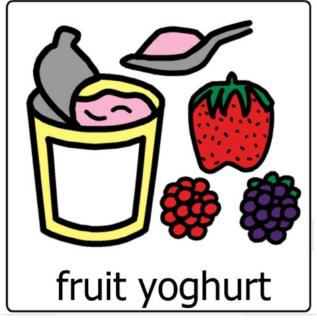
Week 3- sugarwise Tuesday

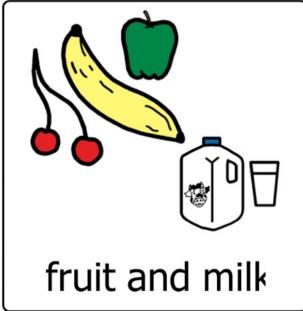




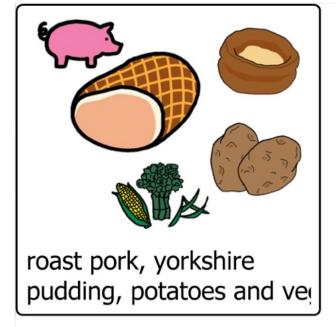


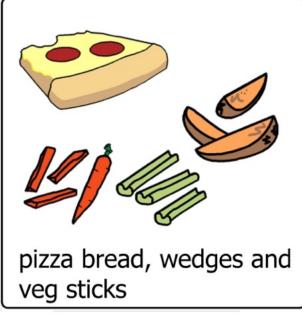


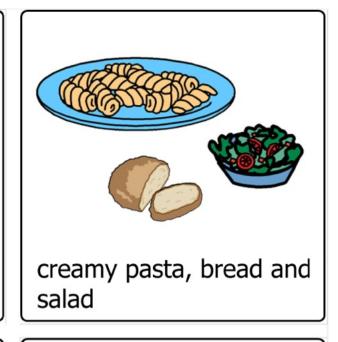


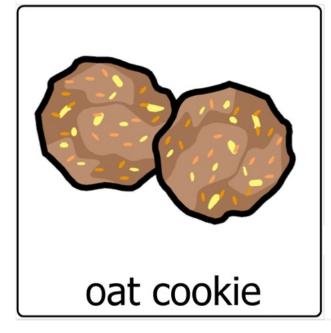


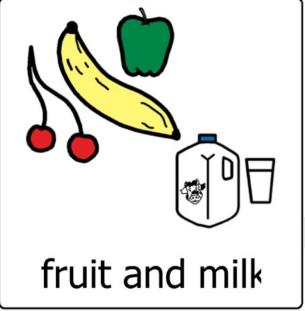
Week 3- sugarwise Wednesday



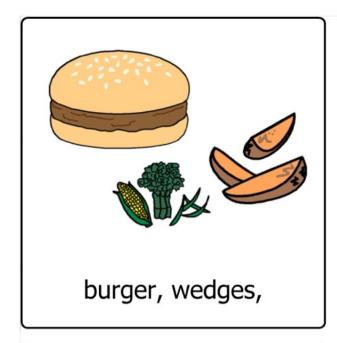


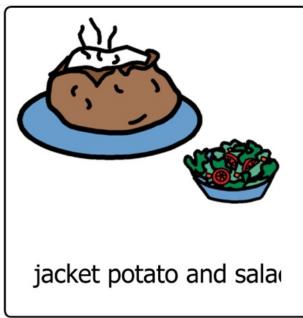


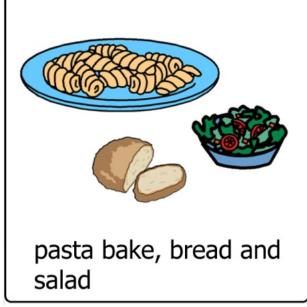


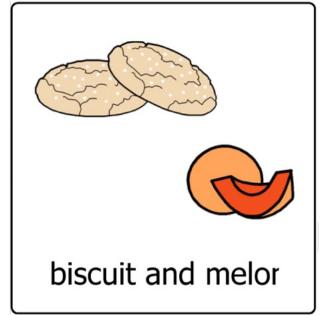


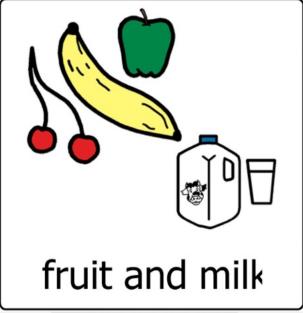
Week 3- sugarwise Thursday

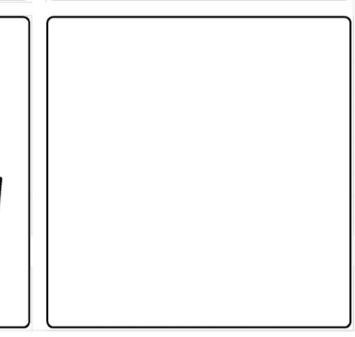












Week 3- Friday favourites

