Pal recipe book

Snacks link: <https://docs.google.com/document/d/1h_2DmtDX5BwhXp4QpoRLICj5Q4z4SH_qbzorYi8BByE/edit?usp=sharing>

Breakfast link:

<https://docs.google.com/a/gnspes.ca/document/d/15qI1wpO_DZhJSmUkBLquK5o3d0gfgO-8n8WEkg15pUg/edit?usp=sharing>

Lunch link:

<https://docs.google.com/a/gnspes.ca/document/d/197uIsntoKLFxaSHxjNfwL01br8oZy9FkyCZGcQfh748/edit?usp=sharing>

Supper link:

<https://docs.google.com/a/gnspes.ca/document/d/12QQNmvDTJTYPwHfYtRiLg9qhK4DiWpeGyaaen3vZX4g/edit?usp=sharing>