

Weekly Meal Plan

THE WEEK OF: _____

MONDAY	BREAKFAST:	TUESDAY	BREAKFAST:
	SNACK:		SNACK:
	LUNCH:		LUNCH:
	SNACK:		SNACK:
	DINNER:		DINNER:
WEDNESDAY	BREAKFAST:	THURSDAY	BREAKFAST:
	SNACK:		SNACK:
	LUNCH:		LUNCH:
	SNACK:		SNACK:
	DINNER:		DINNER:
FRIDAY	BREAKFAST:	SATURDAY	BREAKFAST:
	SNACK:		SNACK:
	LUNCH:		LUNCH:
	SNACK:		SNACK:
	DINNER:		DINNER:
SUNDAY	BREAKFAST:	SNACK:	
	SNACK:	DINNER:	
	LUNCH:	DESSERT:	