

# *weekly* Meal Plan

## **M O N D A Y**

Breakfast	Lunch	Dinner	Snacks

## **T U E S D A Y**

Breakfast	Lunch	Dinner	Snacks

## **W E D N E S D A Y**

Breakfast	Lunch	Dinner	Snacks

## **T H U R S A Y**

Breakfast	Lunch	Dinner	Snacks

## **F R I D A Y**

Breakfast	Lunch	Dinner	Snacks

## **S A T U R D A Y**

Breakfast	Lunch	Dinner	Snacks

## **S U N D A Y**

Breakfast	Lunch	Dinner	Snacks