

# weekly Meal Plan

## MONDAY

Breakfast	Lunch	Dinner	Snack

## TUESDAY

Breakfast	Lunch	Dinner	Snack

## WEDNESDAY

Breakfast	Lunch	Dinner	Snack

## THURSDAY

Breakfast	Lunch	Dinner	Snack

## FRIDAY

Breakfast	Lunch	Dinner	Snack

## SATURDAY

Breakfast	Lunch	Dinner	Snack

## SUNDAY

Breakfast	Lunch	Dinner	Snacks