	Wee	ekly Meal	Plan	Weekly Meal Plan			
X	Breakfast	Lunch	Dinner	X	Breakfast	Lunch	Dinner
Monday	•	,* 	, e	Monday			
Juesday	•	,	, , , , , , , , , , , , , , , , , , ,	Juesday			
Wednesday			, , ,	Wednesday	, , ,	,	
Ihursday			, , ,	Ihursday	,	,	
<del>I</del> riday.	• •		,	Friday.		, , ,	
Saturday	• •	,* 	, • • • • • • • • • • • • • • • • • • •	Saturday			
Sunday	• •	,* 	, e	Sunday			
Snacks/Jreats:				Snacks/Ireats:			