WEEKLY MEAL PLAN

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