

# weekly Meal Plan

## SUNDAY

Breakfast	Lunch	Dinner	Snacks

## MONDAY

Breakfast	Lunch	Dinner	Snacks

## TUESDAY

Breakfast	Lunch	Dinner	Snacks

## WEDNESDAY

Breakfast	Lunch	Dinner	Snacks

## THURSDAY

Breakfast	Lunch	Dinner	Snacks

## FRIDAY

Breakfast	Lunch	Dinner	Snacks

## SATURDAY

Breakfast	Lunch	Dinner	Snacks