MEAL PLANNER

	MONDAY	TUESDA	AY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
	BREAKFAST	BREAKFA	ST	BREAKFAST	BREAKFAST	BREAKFAST	(S)	BREAKFAST	BREAKFAST
'									
	LUNCH	LUNCH		LUNCH	LUNCH	LUNCH	1889	LUNCH	LUNCH
	DINNER	DINNER	2	DINNER	DINNER	DINNER		DINNER	DINNER

WEEKLY SNACKS/NOTES