

WEEKDAY MENU PLAN

WEEK OF: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>
<u>SNACKS</u>	<u>SNACKS</u>	<u>SNACKS</u>	<u>SNACKS</u>	<u>SNACKS</u>