

# meal planning

WEEK OF \_\_\_\_\_

|           | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST |        |         |           |          |        |          |        |
| LUNCH     |        |         |           |          |        |          |        |
| SNACK     |        |         |           |          |        |          |        |
| DINNER    |        |         |           |          |        |          |        |
| DESSERT   |        |         |           |          |        |          |        |