

Meal Plan for the Week of _____

Monday:

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Dinner: _____
Dessert: _____

Thursday

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Dinner: _____
Dessert: _____

Tuesday

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Dinner: _____
Dessert: _____

Friday

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Dinner: _____
Dessert: _____

Wednesday

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Dinner: _____
Dessert: _____

Saturday

Breakfast _____

Snacks _____

Lunch _____

Dinner _____

Dessert _____

Sunday

Breakfast _____

Snacks _____

Lunch _____

Dinner _____

Dessert _____
