

Weekly Menu Plan

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: _____

Sunday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

