

# WEEKLY MEAL PLAN

**DAY**

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS</b>
<b>Sunday</b>				

**GROCERY LIST**

**PREP NOTES**