## **WEEKLY MEAL PLAN**

WEEK OF:

7	BREAKFAST:	SHOPPING LIST
NO W	LUNCH:	
	DINNER:	
	DINNER.	
10E	BREAKFAST:	
	LUNCH:	
	DINNER:	
	DINNER:	
WED	BREAKFAST:	
	LUNCH:	
	DINNER:	
THO	BREAKFAST:	• **
	LUNCH:	
	DINNER:	NOTES
E E		
	BREAKFAST:	
	LUNCH:	
	DINNER:	
	1000	
SAT	BREAKFAST:	
	LUNCH:	
	DINNER:	
		- Charles alle
7	BREAKFAST:	
SCN	LUNCH:	
S)	DINNER:	