January 02, 2010   <----Enter the 1st Sunday of the month

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							

01/09/10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							

01/16/10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							

01/23/10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							

Monthly Dinner Template