

## Meal Plan for Week of \_\_\_\_\_

Monday		Tuesday
	sn	
	br	
	lu	
	dn	
	ds	
Wednesday		Thursday
	sn	
	br	
	lu	
	dn	
	ds	
Friday		Saturday/Sunday
	sn	
	br	
	lu	
	dn	
	ds	

sn=snack, br=breakfast, lu=lunch, dn=dinner, ds=dessert