















# WEEKLY MEAL PLAN *week of* \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLAN A</b> 1200-1499 CALS	 	 	 	 	 	 	 
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							
<b>SERVINGS OF WATER</b>	