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





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLAN B 1500-1799 CALS	1111	1111	****	****	****	1111	1111
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							
SERVINGS OF WATER	****	****	****	****	****	****	<b>***</b>