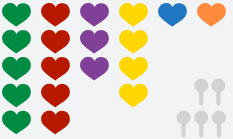








# WEEKLY MEAL PLAN *week of* \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLAN C</b> 1800-2099 CALS							
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							
<b>SERVINGS OF WATER</b>	