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





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLAN D 2100-2300 CALS							
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							
SERVINGS OF WATER	*****	*****	*****	*****	*****	*****	*****