








WEEKLY MEAL PLAN *week of* _____

PLAN E
2300-2500 CALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							

BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							

SERVINGS OF WATER							
--------------------------	---	---	---	---	---	---	---