

Weekly Meal Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|--------|---------|-----------|----------|--------|
| B | | | | | |
| S | | | | | |
| L | | | | | |
| S | | | | | |
| D | | | | | |
| Notes | | | | | |

B = Breakfast, S = Snack, L = Lunch, D = Dinner