	/	NEEKLY	MEAL PL	ANNER	
MONDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE
TUESDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE  0 0 0 0 0  0 0 0 0 0
WEDNESDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE
THURSDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE
FRIDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE
SATURDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE 000000000000000000000000000000000000
SUNDAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE