

# WEEKLY MEAL PLANNER

DAY	DISH	PROTEIN/DAIRY	STARCH/GRAIN	FRUIT	VEGS	DESSERT
<b>SUNDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						
<b>MONDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						
<b>TUESDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						
<b>WEDNESDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						
<b>THURSDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						
<b>FRIDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						
<b>SATURDAY</b>						
BREAKFAST						
LUNCH						
DINNER						
SNACK						