

Date:

WEEKLY MENU PLAN

		MAIN DISH	SIDE DISH	VEGETABLE	RAW DISH	BREAD
S U N	BREAKFAST					
	LUNCH					
	DINNER					
M O N	BREAKFAST					
	LUNCH					
	DINNER					
T U E S	BREAKFAST					
	LUNCH					
	DINNER					
W E D	BREAKFAST					
	LUNCH					
	DINNER					
T H U R	BREAKFAST					
	LUNCH					
	DINNER					
F R I	BREAKFAST					
	LUNCH					
	DINNER					
S A T	BREAKFAST					
	LUNCH					
	DINNER					

SNACKS:

MEAT/DAIRY:	BREAD/CEREAL:	PRODUCE:	FROZEN/CANNED:	OTHER: