

# Weekly Meals

Monday	Breakfast	Lunch	Dinner	Snack
Tuesday	Breakfast	Lunch	Dinner	Snack
Wednesday	Breakfast	Lunch	Dinner	Snack
Thursday	Breakfast	Lunch	Dinner	Snack
Friday	Breakfast	Lunch	Dinner	Snack
Saturday	Breakfast	Lunch	Dinner	Snack
Sunday	Breakfast	Lunch	Dinner	Snack