

Weekly Meal Planner				
	Breakfast 7:30a-9:00a	Lunch 12:00p-12:30p	Dinner 7:00p-8:30p	Snack
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Snacks	Tuna, nuts, fruit, peanut butter, yogurt, celery & cream cheese, cucumber & tomato, eggs, cheese, beef jerky, sardines, turkey rolls, "Delish" snacks			