**Weekly Meal Plan**

**Week of:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **AM Snack** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **PM Snack** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Shopping List** | | | | | | | |
|  |  |  |  |  |  |  |  |