









FOR THE WEEK OF:

not	dinner	
nol	anner	

dinner	not dinner
SUNDAY	BREAKFAST
	LUNCH
	SNACK
MONDAY	BREAKFAST
	LUNCH
	SNACK
TUESDAY	BREAKFAST
	LUNCH
6	SNACK
WEDNESDAY	BREAKFAST
	LUNCH
*	SNACK
THURSDAY	BREAKFAST
,	LUNCH
	SNACK
FRIDAY	BREAKFAST
	LUNCH
•	SNACK
SATURDAY	BREAKFAST
	LUNCH
*	SNACK

FOR THE WEEK OF:

dinner	not dinner
SUNDAY	BREAKFAST
	LUNCH
	SNACK
MONDAY	BREAKFAST
	LUNCH
	SNACK
TUESDAY	BREAKFAST
	LUNCH
6	SNACK
WEDNESDAY	BREAKFAST
	LUNCH
*	SNACK
THURSDAY	BREAKFAST
	LUNCH
	SNACK
FRIDAY	BREAKFAST
	LUNCH
 	SNACK
SATURDAY	BREAKFAST
	LUNCH
-	SNACK