

MEAL PLAN

monday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
tuesday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
wednesday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
thursday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
friday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
saturday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
sunday	MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5