

Weekly Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER (8 glasses per day)
SUNDAY					555 555 555 555 555 555 555 555 555 55
MONDAY					6 6 7 8 8 9 9 9 10
TUESDAY					
WEDNESDAY					000000000000000000000000000000000000000
THURSDAY					
FRIDAY					
SATURDAY					6 6 7 8 8 9 9 9 9 10
Grocery List:					