

Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OATMEAL	YOGURT & FRUIT	EGGS & BACON	YOGURT & FRUIT	OATMEAL	YOGURT & FRUIT	EGGS, BACON & POTATOES
L	EAT OUT	QUESADILLA	TURKEY WRAP	LEFTOVERS	TURKEY WRAP	LEFTOVERS	TURKEY UNWICH
D	LEFTOVERS	CREAM CHEESE & BROCCOLI CHICKEN	TACO LETTUCE WRAPS	CHICKEN, ZUCCHINI & POTATOES	CHICKEN, SWEET POTATO & GREEN BEANS	BBQ CHICKEN, CORN & ZUCCHINI FRIES	TERIYAKI CHICKEN & RICE

SNACKS: CASHEWS, STRING CHEESE, OATMEAL COOKIES, FRUIT

