



WEEKLY MEAL PLAN

WEEK OF 1/6/14	BREAKFAST	LUNCH	DINNER	SHOPPING LIST
MONDAY				<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

MAKE AHEAD	