



Meal Planning Table

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| Day 1 | Breakfast: Cold Cereal/Granola | Lunch: Leftovers | Dinner: Italian/Asian |
| Day 2 | Egg Scramble | Free Choice | Soup |
| Day 3 | Buckwheat/Quinoa | Free Choice | Mexican |
| Day 4 | Veggie Hash | Free Choice | Curry |
| Day 5 | Oats | Free Choice | Weekend Soup |
| Day 6 | Egg Scramble | Weekend Soup | Free Choice/Dine Out |
| Day 7 | Pancakes/Bfast Burritos | Free Choice | Meat Centered Meal |

