Week of:			

My Weekly Meal Plan

What's for Dinr	Notes/Evening Activities:	
M		
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W		
T		
F		
<u></u>		
<u>s</u>		
Breakfast Ideas	Lunch Ideas	Approved Snacks (opt'l)
<u>F</u> <u>S</u> <u>S</u> <u>S</u>	Lunch Ideas	Approved Snacks (opt'l)