

# Weekly Menu Plan

*M*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_

*T*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_

*W*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_

*T*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_

*F*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_

*S*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_

*Su*

*B* \_\_\_\_\_  
*L* \_\_\_\_\_  
*D* \_\_\_\_\_  
*S* \_\_\_\_\_