WEEKLY MEAL PLAN

Dates: _____

MONDAY
Breakfast:
Lunch:
Dinner:
Snack:

TUESDAY
Breakfast:
Lunch:
Dinner:
Snack:

WEDNESDAY
Breakfast:
Lunch:
Dinner:
Snack:

THURSDAY
Breakfast:
Lunch:
Dinner:
Snack:

FRIDAY
Breakfast:
Lunch:
Dinner:
Snack:

SATURDAY
Breakfast:
Lunch:
Dinner:
Snack:

SUNDAY
Breakfast:
Lunch:
Dinner:
Snack:

GROCERIES

BLUE STAR FAMILIES
NOURISH THE SERVICE