



WEEKLY FOOD MENU

SATURDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

SUNDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

MONDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

TUESDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

WEDNESDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

THURSDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

FRIDAY

BREAKFAST: _____

SNACK 1: _____

LUNCH: _____

SNACK 2: _____

DINNER: _____

STRUCTURE = FREEDOM

