

Week of:

Handout 4-1

Weekly Menu Planner

| Day | Breakfast | Lunch | Dinner | Snack |
|-----------|-----------|-------|--------|-------|
| Monday | | | | |
| | | | | |
| | | | | |
| | | | | |
| Tuesday | | | | |
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| | | | | |
| Wednesday | | | | |
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| | | | | |
| | | | | |
| Thursday | | | | |
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| | | | | |
| Friday | | | | |
| | | | | |
| | | | | |
| | | | | |
| Saturday | | | | |
| | | | | |
| | | | | |
| | | | | |
| Sunday | | | | |
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| | | | | |

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