



# Weekly Meal Plan

Week of \_\_\_\_\_

|           | EVENING SCHEDULE | PLANNED DINNERS |
|-----------|------------------|-----------------|
| MONDAY    |                  |                 |
| TUESDAY   |                  |                 |
| WEDNESDAY |                  |                 |
| THURSDAY  |                  |                 |
| FRIDAY    |                  |                 |
| SATURDAY  |                  |                 |
| SUNDAY    |                  |                 |