

Weekly Meal Menu Planner

Week of **2011 Dec 26**

Wk# 52	Nutrition Goals						
Mon Dec 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Dec 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Dec 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Dec 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Dec 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Dec 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jan 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jan 02**

Wk# 1	Nutrition Goals						
Mon Jan 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jan 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jan 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jan 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jan 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jan 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jan 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Jan 09

Wk# 2	Nutrition Goals						
Mon Jan 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jan 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jan 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jan 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jan 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jan 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jan 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Jan 16

Wk# 3	Nutrition Goals						
Mon Jan 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jan 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jan 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jan 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jan 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jan 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jan 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Jan 23

Wk# 4	Nutrition Goals						
Mon Jan 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jan 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jan 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jan 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jan 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jan 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jan 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Jan 30

Wk# 5	Nutrition Goals						
Mon Jan 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jan 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Feb 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Feb 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Feb 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Feb 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Feb 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Feb 06**

Wk# 6	Nutrition Goals						
Mon Feb 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Feb 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Feb 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Feb 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Feb 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Feb 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Feb 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Feb 13**

Wk# 7	Nutrition Goals						
Mon Feb 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Feb 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Feb 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Feb 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Feb 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Feb 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Feb 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Feb 20**

Wk# 8	Nutrition Goals						
Mon Feb 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Feb 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Feb 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Feb 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Feb 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Feb 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Feb 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Feb 27

Wk# 9	Nutrition Goals						
Mon Feb 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Feb 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Feb 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Mar 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Mar 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Mar 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Mar 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Mar 05**

Wk# 10	Nutrition Goals						
Mon Mar 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Mar 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Mar 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Mar 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Mar 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Mar 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Mar 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Mar 12**

Wk# 11	Nutrition Goals						
Mon Mar 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Mar 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Mar 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Mar 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Mar 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Mar 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Mar 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Mar 19**

Wk# 12	Nutrition Goals						
Mon Mar 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Mar 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Mar 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Mar 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Mar 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Mar 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Mar 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Mar 26

Wk# 13	Nutrition Goals						
Mon Mar 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Mar 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Mar 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Mar 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Mar 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Mar 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Apr 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Apr 02

Wk# 14	Nutrition Goals						
Mon Apr 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Apr 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Apr 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Apr 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Apr 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Apr 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Apr 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Apr 09

Wk# 15	Nutrition Goals						
Mon Apr 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Apr 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Apr 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Apr 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Apr 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Apr 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Apr 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Apr 16

Wk# 16	Nutrition Goals						
Mon Apr 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Apr 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Apr 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Apr 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Apr 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Apr 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Apr 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Apr 23

Wk# 17	Nutrition Goals						
Mon Apr 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Apr 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Apr 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Apr 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Apr 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Apr 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Apr 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Apr 30

Wk# 18	Nutrition Goals						
Mon Apr 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue May 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed May 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu May 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri May 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat May 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun May 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 May 07

Wk# 19	Nutrition Goals						
Mon May 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue May 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed May 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu May 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri May 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat May 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun May 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 May 14**

Wk# 20	Nutrition Goals						
Mon May 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue May 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed May 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu May 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri May 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat May 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun May 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 May 21**

Wk# 21	Nutrition Goals						
Mon May 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue May 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed May 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu May 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri May 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat May 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun May 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 May 28**

Wk# 22	Nutrition Goals						
Mon May 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue May 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed May 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu May 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jun 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jun 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jun 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Jun 04

Wk# 23	Nutrition Goals						
Mon Jun 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jun 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jun 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jun 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jun 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jun 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jun 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jun 11**

Wk# 24	Nutrition Goals						
Mon Jun 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jun 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jun 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jun 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jun 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jun 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jun 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Jun 18

Wk# 25	Nutrition Goals						
Mon Jun 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jun 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jun 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jun 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jun 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jun 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jun 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jun 25**

Wk# 26	Nutrition Goals						
Mon Jun 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jun 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jun 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jun 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jun 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jun 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jul 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jul 02**

Wk# 27	Nutrition Goals						
Mon Jul 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jul 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jul 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jul 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jul 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jul 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jul 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jul 09**

Wk# 28	Nutrition Goals						
Mon Jul 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jul 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jul 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jul 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jul 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jul 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jul 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jul 16**

Wk# 29	Nutrition Goals						
Mon Jul 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jul 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jul 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jul 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jul 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jul 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jul 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jul 23**

Wk# 30	Nutrition Goals						
Mon Jul 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jul 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jul 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jul 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jul 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jul 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jul 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Jul 30**

Wk# 31	Nutrition Goals						
Mon Jul 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jul 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Aug 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Aug 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Aug 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Aug 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Aug 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Aug 06**

Wk# 32	Nutrition Goals						
Mon Aug 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Aug 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Aug 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Aug 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Aug 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Aug 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Aug 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Aug 13

Wk# 33	Nutrition Goals						
Mon Aug 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Aug 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Aug 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Aug 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Aug 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Aug 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Aug 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Aug 20

Wk# 34	Nutrition Goals						
Mon Aug 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Aug 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Aug 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Aug 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Aug 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Aug 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Aug 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Aug 27

Wk# 35	Nutrition Goals						
Mon Aug 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Aug 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Aug 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Aug 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Aug 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Sep 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Sep 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Sep 03**

Wk# 36	Nutrition Goals						
Mon Sep 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Sep 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Sep 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Sep 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Sep 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Sep 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Sep 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Sep 10

Wk# 37	Nutrition Goals						
Mon Sep 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Sep 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Sep 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Sep 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Sep 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Sep 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Sep 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Sep 17

Wk# 38	Nutrition Goals						
Mon Sep 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Sep 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Sep 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Sep 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Sep 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Sep 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Sep 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Sep 24**

Wk# 39	Nutrition Goals						
Mon Sep 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Sep 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Sep 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Sep 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Sep 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Sep 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Sep 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Oct 01

Wk# 40	Nutrition Goals						
Mon Oct 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Oct 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Oct 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Oct 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Oct 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Oct 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Oct 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Oct 08**

Wk# 41	Nutrition Goals						
Mon Oct 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Oct 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Oct 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Oct 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Oct 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Oct 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Oct 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Oct 15

Wk# 42	Nutrition Goals						
Mon Oct 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Oct 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Oct 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Oct 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Oct 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Oct 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Oct 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Oct 22**

Wk# 43	Nutrition Goals						
Mon Oct 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Oct 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Oct 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Oct 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Oct 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Oct 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Oct 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Oct 29

Wk# 44	Nutrition Goals						
Mon Oct 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Oct 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Oct 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Nov 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Nov 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Nov 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Nov 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Nov 05**

Wk# 45	Nutrition Goals						
Mon Nov 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Nov 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Nov 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Nov 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Nov 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Nov 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Nov 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Nov 12**

Wk# 46	Nutrition Goals						
Mon Nov 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Nov 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Nov 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Nov 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Nov 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Nov 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Nov 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Nov 19**

Wk# 47	Nutrition Goals						
Mon Nov 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Nov 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Nov 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Nov 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Nov 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Nov 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Nov 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Nov 26**

Wk# 48	Nutrition Goals						
Mon Nov 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Nov 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Nov 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Nov 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Nov 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Dec 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Dec 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Dec 03

Wk# 49	Nutrition Goals						
Mon Dec 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Dec 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Dec 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Dec 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Dec 07		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Dec 08		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Dec 09		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Dec 10**

Wk# 50	Nutrition Goals						
Mon Dec 10		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Dec 11		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Dec 12		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Dec 13		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Dec 14		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Dec 15		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Dec 16		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Dec 17

Wk# 51	Nutrition Goals						
Mon Dec 17		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Dec 18		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Dec 19		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Dec 20		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Dec 21		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Dec 22		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Dec 23		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of 2012 Dec 24

Wk# 52	Nutrition Goals						
Mon Dec 24		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Dec 25		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Dec 26		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Dec 27		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Dec 28		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Dec 29		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Dec 30		Breakfast	Snack	Lunch	Snack	Dinner	Snack

Weekly Meal Menu Planner

Week of **2012 Dec 31**

Wk# 1	Nutrition Goals						
Mon Dec 31		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tue Jan 01		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wed Jan 02		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thu Jan 03		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fri Jan 04		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sat Jan 05		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sun Jan 06		Breakfast	Snack	Lunch	Snack	Dinner	Snack