

# Weekly Menu Plan

Week Beginning: \_\_\_\_\_

## Breakfast

SUNDAY: \_\_\_\_\_  
MONDAY: \_\_\_\_\_  
TUESDAY: \_\_\_\_\_  
WEDNESDAY: \_\_\_\_\_  
THURSDAY: \_\_\_\_\_  
FRIDAY: \_\_\_\_\_  
SATURDAY: \_\_\_\_\_

## Snack Ideas

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Lunch

SUNDAY: \_\_\_\_\_  
MONDAY: \_\_\_\_\_  
TUESDAY: \_\_\_\_\_  
WEDNESDAY: \_\_\_\_\_  
THURSDAY: \_\_\_\_\_  
FRIDAY: \_\_\_\_\_  
SATURDAY: \_\_\_\_\_

## Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Dinner

SUNDAY: \_\_\_\_\_  
MONDAY: \_\_\_\_\_  
TUESDAY: \_\_\_\_\_  
WEDNESDAY: \_\_\_\_\_  
THURSDAY: \_\_\_\_\_  
FRIDAY: \_\_\_\_\_  
SATURDAY: \_\_\_\_\_