

GOOD EATS

WEEKLY
MEAL PLAN

WEEK OF:

WWW.AMUSEDMU.COM

MONDAY

BREAKFAST

LUNCH

DINNER

SNACKS

TUESDAY

BREAKFAST

LUNCH

DINNER

SNACKS

WEDNESDAY

BREAKFAST

LUNCH

DINNER

SNACKS

THURSDAY

BREAKFAST

LUNCH

DINNER

SNACKS

FRIDAY

BREAKFAST

LUNCH

DINNER

SNACKS