MENU PLAN TEMPLATE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BREAKFAST |  |  |  |  |  |  |  |
| 2ND BREAKFAST |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |

 SAMPLE MENU PLAN

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| BREAKFAST | BIG SALAD(GREENS,MIXED VEGGIES,QUINIOATABBOULEH,BALSAMIC VINEGAR) | BIG SALAD(GREENS,MIXED VEGGIES,QUINIO,TABBOULEH,BALSAMIC VINEGAR) | BIG SALAD(GREENS,MIXED VEGGIES,QUINIOATABBOULEH,BALSAMIC VINEGAR) | BIG SALAD(GREENS,MIXED VEGGIES,QUINIOATABBOULEH,BALSAMIC VINEGAR) | BIG SALAD(GREENS,MIXED VEGGIES,QUINIOATABBOULEH,BALSAMIC VINEGAR) | BIG SALAD(GREENS,MIXED VEGGIES,QUINIOATABBOULEH,BALSAMIC VINEGAR) | BIG SALAD(GREENS,MIXED VEGGIES,QUINIOATABBOULEH,BALSAMIC VINEGAR) |
| 2ND BREAKFAST | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT | APPLE CRUMBLE & FRESH FRUIT |
| LUNCH | BIG BAKED POTATO WITH CHEEZY SAUCE &ROASTEDBRUSSELS SPROUTS | BIG BAKED POTATO WITH CHEEZY SAUCESTEAMED BROCCOLI | BIG BAKED POTATO WITH CHEEZY SAUCEROASTEDBRUSSELS SPROUTS | BIG BAKED POTATO WITH CHEEZY SAUCESTEAMED BROCCOLI | BIG BAKED POTATO WITH CHEEZY SAUCEROASTEDBRUSSELS SPROUTS | BIG BAKED POTATO WITH CHEEZY SAUCESTEAMED BROCCOLI | BIG BAKED POTATO WITH CHEEZY SAUCEROASTEDBRUSSELS SPROUTS |
| DINNER | 3 BEAN CHILIRICEVEGGIES & HUMMUS | GREEN LENTIL CURRYRICEVEGGIES & HUMMUS | 3 BEAN CHILIRICEVEGGIES & HUMMUS | GREEN LENTIL CURRYRICEVEGGIES & HUMMUS | 3 BEAN CHILIRICEVEGGIES & HUMMUS | GREEN LENTIL CURRYRICEVEGGIES & HUMMUS | 3 BEAN CHILIRICEVEGGIES & HUMMUS |