

Four-Week Menu Planner

	week one	week two	week three	week four
sunday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
monday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
tuesday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
wednesday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
thursday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
friday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____
saturday	B _____	_____	_____	_____
	L _____	_____	_____	_____
	S _____	_____	_____	_____
	D _____	_____	_____	_____

