

# WELDON

# MONDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

---

# TUESDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

---

# WEDNESDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

# THURSDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

---

# FRIDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

---

# SATURDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

---

# SUNDAY

breakfast:

---

lunch:

---

dinner:

---

snack:

---

# SHOPPING LIST

[illegible]

# MEAL PREP

[illegible]