

MEALS FOR THE WEEK

	BREAKFAST	LUNCH	DINNER
MON	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out
TUES	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out
WED	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out
THUR	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out
FRI	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out
SAT	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out
SUN	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out	Menu: ☐ take out ☐ eat out