

Simple Weekly Menu Planning

MONDAY

theme:

base:

protein:

veggie:

TUESDAY

theme:

base:

protein:

veggie:

WEDNESDAY

theme:

base:

protein:

veggie:

THURSDAY

theme:

base:

protein:

veggie:

FRIDAY

theme:

base:

protein:

veggie:

SATURDAY

theme:

base:

protein:

veggie:

SUNDAY

theme:

base:

protein:

veggie:

notes

Yum!