

WEEKLY MEAL PLAN

Feed the people. Keep them alive.

Sunday

B -
D -
Prep →

Monday

B -
D -
Prep →

Tuesday

B -
D -
Prep →

Wednesday

B -
D -
Prep →

Thursday

B -
D -
Prep →

Friday

B -
D -
Prep →

Saturday

B -
D -
Prep →

Lunches

Snacks