

	BREAKFAST	GROCERY LIST:
D	LUNCH	
A Y		
1		
	DINNER	
	BREAKFAST	
D A	LUNCH	
A Y		
2		
	DINNER	
		PREP AHEAD:
	BREAKFAST	
D	LUNCH	
D A Y		
3		
	DINNER	



SNACKS:	BREAKFAST	
	LUNCH	D
		A Y
		Y
		4
	DINNER	
DESSERTS:		
	BREAKFAST	
	LUNCH	D
		A
		Y
		5
BRING FROM HOME:	DINNER	
	BREAKFAST	
	LUNCH	D
		A
		Y
		6
	DINNER	