

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal:	Meal:	Meal:	Meal:	Meal:	Meal:	Meal:
Ingredients:	Ingredients:	Ingredients:	Ingredients:	Ingredients:	Ingredients:	Ingredients:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal:	Meal:	Meal:	Meal:	Meal:	Meal:	Meal:
Ingredients:	Ingredients:	Ingredients:	Ingredients:	Ingredients:	Ingredients:	Ingredients:

www.listsandlovelies.com