

# MEAL PLANNING FOR THE WEEK OF

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**BREAKFAST**

**BREAKFAST**

**BREAKFAST**

**BREAKFAST**

**SNACK**

**SNACK**

**SNACK**

**SNACK**

**LUNCH**

**LUNCH**

**LUNCH**

**LUNCH**

**SNACK**

**SNACK**

**SNACK**

**SNACK**

**DINNER**

**DINNER**

**DINNER**

**DINNER**

# MEAL PLANNING FOR THE WEEK OF

**FRIDAY**

**BREAKFAST**

**SNACK**

**LUNCH**

**SNACK**

**DINNER**

**SATURDAY**

**BREAKFAST**

**SNACK**

**LUNCH**

**SNACK**

**DINNER**

**SUNDAY**

**BREAKFAST**

**SNACK**

**LUNCH**

**SNACK**

**DINNER**

\* THIS MEAL PLANNING GUIDE IS A SUGGESTION. PLEASE NOTE THAT YOUR PERSONAL NUTRITION NEEDS MAY REQUIRE THIS GUIDE TO BE ADJUSTED.\*



**BC DINING**  
FEED YOUR MIND.