

Weekly Meal Plan

Sunday	B	L	D
Monday	B	L	D
Tuesday	B	L	D
Wednesday	B	L	D
Thursday	B	L	D
Friday	B	L	D
Shabbat	B	L	D

Weekly Meal Plan

Sunday

B

L

D

Monday

B

L

D

Tuesday

B

L

D

Wednesday

B

L

D

Thursday

B

L

D

Friday

B

L

D

Shabbat

B

L

D

WEEKLY MEAL PLAN

SUNDAY

B

L

D

MONDAY

B

L

D

TUESDAY

B

L

D

WEDNESDAY

B

L

D

THURSDAY

B

L

D

FRIDAY

B

L

D

SHABBAT

B

L

D

WEEKLY MEAL PLAN

SUNDAY

B

L

D

MONDAY

B

L

D

TUESDAY

B

L

D

WEDNESDAY

B

L

D

THURSDAY

B

L

D

FRIDAY

B

L

D

SHABBAT

B

L

D

Weekly Meal Plan

Sunday

B

L

D

Monday

B

L

D

Tuesday

B

L

D

Wednesday

B

L

D

Thursday

B

L

D

Friday

B

L

D

Shabbat

B

L

D