

Menu Week

<i>Meal</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>					
<i>Am Snack</i>					
<i>Lunch</i>					
<i>Pm snack</i>					
<i>Dinner</i>					
<i>Afternoon Activity</i>					



Tip for success:

Before you leave for an afternoon activity make sure you know what you are having for supper and have as much of it prepared as possible! Also try and plan easy meals for the nights that you will be out late or have a meeting on.