HEALTHY MEAL PLAN

m breakfast	**m** lunch	**m** dinner	**m** snack
t breakfast	**t** lunch	**t** dinner	**t** snack
w breakfast	**w** lunch	**w** dinner	**w** snack
t breakfast	**t** lunch	**t** dinner	**t** snack
f breakfast	**f** lunch	**f** dinner	**f** snack
s breakfast	**s** lunch	**s** dinner	**s** snack
s breakfast	**s** lunch	**s** dinner	**s** snack