

TO EAT *this week*

WEEK OF : ____ - ____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:
PREP	PREP	PREP	PREP	PREP	PREP

market