

# WEEKLY MEAL PLANNER

<b>Sunday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	
<b>Monday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	
<b>Tuesday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	
<b>Wednesday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	
<b>Thursday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	
<b>Friday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	
<b>Saturday</b>	Main Dish	
	Vegetable	
	Starch	
	Extra	