

FUELfoodsecurity

MEAL PLAN

MONDAY

Breakfast
Lunch
Dinner
Snacks

TUESDAY

Breakfast
Lunch
Dinner
Snacks

WEDNESDAY

Breakfast
Lunch
Dinner
Snacks

THURSDAY

Breakfast
Lunch
Dinner
Snacks

FRIDAY

Breakfast
Lunch
Dinner
Snacks

SATURDAY

Breakfast
Lunch
Dinner
Snacks

SUNDAY

Breakfast
Lunch
Dinner
Snacks

NOTES

SHOPPING LIST