

Menu

Date _____

| | Breakfast | Lunch | Supper |
|---|------------------|--------------|---------------|
| 1st Day Snack Ideas: Prep Jobs: | | | |
| 2nd Day Snack Ideas: Prep Jobs: | | | |
| 3rd Day Snack Ideas: Prep Jobs: | | | |
| 4th Day Snack Ideas: Prep Jobs: | | | |
| 5th Day Snack Ideas: Prep Jobs: | | | |
| 6th Day Snack Ideas: Prep Jobs: | | | |
| Sabbath Snack Ideas: | | | |

Notes:

Cookbooks for the Week: