

If it's Monday.....Meal Plan

If it's Monday, it's spaghetti. The concept is simple. Assign a different type of meal to each day of the week. (e.g. pasta for Mondays, meat for Tuesdays, sandwiches for Wednesdays, etc). This way, when you go to make your weekly meal, you know the type of meal you will have, you just provide the particular dish.

Breakfast

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday

Lunch

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday

Dinner

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday