## THREE WEEK MEAL PLAN

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

dinner:

dinner:

dinner

dinner

dinner:

dinner

dinner:

Monday:

Tuesday:

Tuesday:

Wednesday:

Thursday:

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Friday:

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Saturday:

Sunday:

dinner:

Monday:

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Wednesday:

Thursday:

dinner:

Friday:

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Saturday:

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Sunday:

dinner.

food needed or low on