

E A S Y W H O L E 3 0

# MEAL PLAN

**MON**

B  
L  
D

**TUES**

B  
L  
D

**WED**

B  
L  
D

**THU**

B  
L  
D

**FRI**

B  
L  
D

**SAT**

B  
L  
D

**SUN**

B  
L  
D

**THINGS TO BUY**

**SNACKS:**