

# MENU PLAN

BALANCING Beauty & Bedlam

for the week of \_\_\_\_\_

<b>SUNDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	
<b>MONDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	
<b>TUESDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	
<b>WEDNESDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	
<b>THURSDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	
<b>FRIDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	
<b>SATURDAY</b>	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>DINNER</b>	