



C4K Weekly Meal Planner

| | Breakfast | Morning Snack | Lunch | Afternoon Snack | Dinner | Dessert |
|------------------|------------------|----------------------|--------------|------------------------|---------------|----------------|
| <i>Sunday</i> | | | | | | |
| <i>Monday</i> | | | | | | |
| <i>Tuesday</i> | | | | | | |
| <i>Wednesday</i> | | | | | | |
| <i>Thursday</i> | | | | | | |
| <i>Friday</i> | | | | | | |
| <i>Saturday</i> | | | | | | |