

## ***Build your own meal plan***

Develop your own weekly meal plan. Pick and choose from the recipes on this website or add some of your own. When possible, make larger amounts and use leftovers for other lunches or dinners. List this information in the “What to save” column.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>What to save</b>
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				