

LITTLE ADAPTS BY JAX

"Little Adapts" Meal Planner

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<u>Breakfast</u>							
	<u>Lunch</u>							
	<u>Dinner</u>							
	<u>Snacks</u>							
Week 2	<u>Breakfast</u>							
	<u>Lunch</u>							
	<u>Dinner</u>							
	<u>Snacks</u>							

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	<u>Breakfast</u>							
	<u>Lunch</u>							
	<u>Dinner</u>							
	<u>Snacks</u>							
Week 4	<u>Breakfast</u>							
	<u>Lunch</u>							
	<u>Dinner</u>							
	<u>Snacks</u>							

**Use this planner each month to plan out your meals!*