

# Weekly Meal Planner



	Breakfast	Lunch	Light Supper	Prep for next day
<b>Sunday</b>	Waffles	lentil burgers, lasan	popcorn	Bake bread
	Scramble tofu	fries, chips, grill corn		Make granola
	fruit	cake	nicecream	make cornml poridge
<b>Monday</b>	cornmeal porridge	red stew peas	popcorn	make granola
	bread	brn rice		
	fruit	cooked greens	zuchhini noodles	
<b>Tuesday</b>	granola w/ nut milk	pizza	popcorn	shred carrots
	fruit	carrot sticks, hummus		
		cooked grens		
<b>Wednesday</b>	oatmeal porridge	hay stacks	oatmeal cookies	
	granola w/ nut milk	rice, pinto beans	popcorn	
	fruit			
<b>Thursday</b>				Bake bread
	scramble tofu	Pita pocket	oatmeal cookies	
	bread	Left overs beans, ric	popcorn	
	fruit	greens		
<b>Friday</b>	Granola w/ nut milk	Curry chick peas	Popcorn	harvest potatoes
	Toast w/ blkstrp	brn rice, bkd swt po	nice crem	
	Fruit	Cooked green		pack dishwasher
<b>Saturday</b>	Pancakes	special k loaf, plant	nicecream	make waffle mix
	Granola w/ nut milk	brn rice, bakd potat	zucchini muffins	
	Fruit	greens, watermelon	popcorn	pack dishwasher

