

**Meal Plans**

**Month:**

<b>week 1</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>beef</b>							
<b>chicken</b>							
<b>fish</b>							
<b>pork</b>							
<b>vegetarian</b>							

<b>week 2</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>beef</b>							
<b>chicken</b>							
<b>fish</b>							
<b>pork</b>							
<b>vegetarian</b>							

<b>week 3</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>beef</b>							
<b>chicken</b>							
<b>fish</b>							
<b>pork</b>							
<b>vegetarian</b>							

<b>week 4</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>beef</b>							
<b>chicken</b>							
<b>fish</b>							
<b>pork</b>							
<b>vegetarian</b>							

<b>week 5</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>beef</b>							
<b>chicken</b>							
<b>fish</b>							
<b>pork</b>							
<b>vegetarian</b>							