

# WHOLESOME GOODNESS

Week of \_\_\_\_\_

## Weekend/Monday/Tuesday

BREAKFAST	
AM SNACK	
LUNCH	
PM SNACK	
DINNER	
PRE-BATH SNACK	

## Wednesday/Thursday/Friday

BREAKFAST	
AM SNACK	
LUNCH	
PM SNACK	
DINNER	
PRE-BATH SNACK	