

# WEEKLY MENU PLAN

<b>MONDAY</b> B L D PREP	<b>TUESDAY</b> B L D PREP
<b>WEDNESDAY</b> B L D PREP	<b>THURSDAY</b> B L D PREP
<b>FRIDAY</b> B L D PREP	<b>SATURDAY</b> B L D PREP
<b>SUNDAY</b> B L D PREP	»»→ Save money, eat healthy »»→

<b>MEAL PREP</b>	<b>SNACKS</b>
------------------	---------------