



MainstreamMom

{ Smart Moms. Bad Hair.  
CREATING FINANCIAL SECURITY. }

## Weekly Meal Plan for Smart Moms

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

- **“Recycle” Your Weekly Menu Plan for future use.**
- **Make Weekly Menu Planning a Habit... it has great value.**

*Don't forget to...*

*Kiss The Cook!*