



SAMPLE MEAL PLAN

<p style="text-align: center;">DAY 1</p> <p style="text-align: center;">Lunch (no cook)</p> <p>Meal: Sandwiches with potato salad, vegetables and dip</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bread or wraps <input type="checkbox"/> Mayonnaise / mustard <input type="checkbox"/> Cold-cuts (meat) <input type="checkbox"/> Potato salad <input type="checkbox"/> Lettuce <input type="checkbox"/> Cut vegetables <input type="checkbox"/> Cheese <input type="checkbox"/> Veggie dip <input type="checkbox"/> Tomato <input type="checkbox"/> Juice 	<p style="text-align: center;">DAY 2</p> <p style="text-align: center;">Breakfast</p> <p>Meal: Eggs and toast with cereal and fruit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bread <input type="checkbox"/> Eggs <input type="checkbox"/> Butter <input type="checkbox"/> Salt / pepper <input type="checkbox"/> Jam <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Cereal <input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Coarse-ground coffee/ tea/ hot chocolate mix
<p style="text-align: center;">Dinner</p> <p>Meal: Spaghetti, Caesar salad and garlic bread</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pasta <input type="checkbox"/> Garlic <input type="checkbox"/> Salt / Pepper <input type="checkbox"/> Bread <input type="checkbox"/> Pasta sauce and vegetables <input type="checkbox"/> Butter <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> Aluminum foil <input type="checkbox"/> Caesar salad kit <input type="checkbox"/> Juice / milk S'mores <input type="checkbox"/> Graham crackers <input type="checkbox"/> Chocolate <input type="checkbox"/> Marshmallows 	<p style="text-align: center;">Lunch</p> <p>Meal: Hot dogs with vegetables and dip</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hot dogs <input type="checkbox"/> Buns <input type="checkbox"/> Ketchup <input type="checkbox"/> Cut vegetables <input type="checkbox"/> Mustard <input type="checkbox"/> Veggie dip <input type="checkbox"/> Relish <input type="checkbox"/> Juice
<p style="text-align: center;">Snacks</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh fruit <input type="checkbox"/> Granola bars <input type="checkbox"/> Trail mix <input type="checkbox"/> Cheese and crackers 	