

# 6 MEALS IN 6 MINUTES MEAL PLAN

WEEK OF:



VEGGIE NIGHT	CHICKEN NIGHT	EGG NIGHT	BEEF NIGHT	PASTA NIGHT	FISH NIGHT
<b>BREAKFASTS</b>			<b>LUNCHES &amp; SNACKS</b>		

FRUIT	VEGGIES	MEAT, POULTRY & FISH	BAKERY	DAIRY
<b>PANTRY (BOXES, CANS)</b>	<b>SNACKS &amp; BEVERAGES</b>	<b>FREEZER</b>	<b>HOUSEHOLD ITEMS</b>	<b>OTHER</b>