

	BREAKFAST	LUNCH	DINNER
SUNDAY	Convenience:	Pasta: Sides:	Pork: Sides:
MONDAY	Eggs: Side: Bread:	Chicken: Sides:	Fish: Sides:
TUESDAY	Eggs: Side: Meat:	Beef: Sides:	Pasta: Sides:
WEDNESDAY	Convenience:	Sandwiches:	Chicken: Sides:
THURSDAY	Eggs: Side:	Pork: Sides:	Beef: Sides:
FRIDAY	Convenience:	Fish: Sides:	<i>(leftovers or takeout)</i>
SATURDAY	<i>(leftovers)</i>	<i>(leftovers or takeout)</i>	<i>(leftovers or takeout)</i>