

# McDougall Weekly Menu Planner

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

Breakfast

Breakfast

Breakfast

Breakfast

Breakfast

Breakfast

Breakfast

Lunch

Lunch

Lunch

Lunch

Lunch

Lunch

Lunch

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner