Meal Planner August 2017					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30	31	Notes:	
	14	Monday Tuesday  7  8  14  15  21  22	Monday         Tuesday         Wednesday           7         8         9           14         15         16           21         22         23	7     8     9     10       14     15     16     17       21     22     23     24	Monday         Tuesday         Wednesday         Thursday         Friday           7         8         9         10         11           14         15         16         17         18           21         22         23         24         25