

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>breakfast</u>						
<u>lunch</u>						
<u>my</u> <u>dinner</u>						
<u>kids</u> <u>dinner</u>						