

Week Of	
month	day

Dinner	Breakfast
Sunday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	
Monday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	
Tuesday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	Lunches
Wednesday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	
Thursday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	Snacks
Friday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	
Saturday ☐ DINE IN ☐ DINE OUT ☐ TAKEOUT	

