

Weekly Meal Plan

From ___/___/___ To ___/___/___

Weekday	Breakfast	Lunch	Remedies or Snack	Dinner
Meal Components	Soup; Grain porridge; Vegetables; Condiment; Beverage	Grain; Bean; Vegetables; Soup; Pickle; Condiment; Beverage		Grain; Bean or Fish; Vegetables; Greens; Sea Vegetables; Pickle; Condiment; Beverage; Dessert (optional)
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				