

Bulking Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals	Units
Pesto Sauce	0	0	0	0	0	0	ounces
Penne Bolognese	40	0	0	0	0	40	packages worth
Chicken Alfredo	0	40	0	0	0	40	packages worth
Mac & Cheese	40	0	0	0	0	40	packages worth
	0	0	0	0	0	0	
Chicken	0	0	0	0	0	0	
Ground Beef	0	0	0	0	0	0	
Beef	0	0	0	0	0	0	
Penne Pasta	0	0	0	0	0	0	
Rotini Pasta	0	0	0	0	0	0	
Shell Pasta	0	0	0	0	0	0	
Diced Onion	0	0	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	