



Number 2 MEAL PLAN

Prepared For:
Confidence James

INFORMATION ABOUT THIS MEAL PLAN OR OTHER ENQUIRIES

bobdence@live.com +234 (0) 8149795370

James: bobdence@gmail.com

Introduction

Week: One

Breakfast	Lunch	Snack	Dinner
Monday			
None	None	None	None
Tuesday			
None	None	None	None
Wednesday			
None	None	None	None
Thursday			
None	None	None	None
Friday			
None	None	None	None
Saturday			
None	None	None	None

Week: Two

Breakfast	Lunch	Snack	Dinner
Monday			
None	None	None	None

Week: Three

Breakfast	Lunch	Snack	Dinner
Monday			
None	None	None	None