

MONTH HERE

MENU

Performance Pack

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
AM Snack					
Lunch					
PM Snack					
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
AM Snack					
Lunch					
PM Snack					
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
AM Snack					
Lunch					
PM Snack					
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
AM Snack					
Lunch					
PM Snack					