# Budget Healthy Meal Plan 

| DAY | BREAKFAST | LUNCH | DINNER |
| :--- | :--- | :--- | :--- |
| DAY 1 |  |  |  |
| DAY 2 |  |  |  |
| DAY 3 |  |  |  |
| DAY 4 |  |  |  |
| DAY 5 |  |  |  |
| DAY 6 |  |  |  |
| DAY 7 |  |  |  |

