

Weekend Meal Preparation Schedule

Day	Meal	Prep & Set Up	Clean Up
Thursday	Breakfast	1.	1.
		2.	2.
	Lunch	1.	1.
		2.	2.
	Supper	1.	1.
		2.	2.
Friday	Breakfast	1.	1.
		2.	2.
	Lunch	1.	1.
		2.	2.
	Supper	1.	1.
	- 11	2.	2.
Saturday	Breakfast	1.	1.
,		2.	2.
	Lunch	1.	1.
		2.	2.
	Supper	1.	1.
	~	2.	2.
Sunday	Breakfast	1.	1.
Sanaay	Dicariust	2.	2.
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Updated January 2013