Make– Ahead/Batch Dishes		Freeze-Ahead Dishes	
Bake		Prepare Fresh	
<u> </u>			
<u>Monday</u>	<u>Tue</u>	<u>esday</u>	<u>Wednesday</u>
Breakfast	Breakfast		Breakfast
Lunch	Lunch		Lunch
Dinner	Dinner		Dinner
Snacks	Snacks		Snacks
Dessert	Dessert		Dessert
<u>Thursday</u>	<u>Friday</u>		<u>Saturday</u>
Breakfast	Breakfast		Breakfast
Lunch	Lunch		Lunch
Dinner	Dinner		Dinner
Snacks	Snacks		Snacks
Dessert	Dessert		Dessert
Sunday			er ann.
	Co soí al	- alala alla Turan qualí	
Breakfast	Speciul	Sabbath Preparatí	ons:
Lunch			
Dinner			
Snack	_		
Dessert			