

My Snack Schedule

| | |
|--------|----|
| MONDAY | 1. |
| | 2. |
| | 3. |

| | |
|---------|----|
| TUESDAY | 1. |
| | 2. |
| | 3. |

| | |
|-----------|----|
| WEDNESDAY | 1. |
| | 2. |
| | 3. |

| | |
|----------|----|
| THURSDAY | 1. |
| | 2. |
| | 3. |

| | |
|--------|----|
| FRIDAY | 1. |
| | 2. |
| | 3. |

| | |
|----------|----|
| SATURDAY | 1. |
| | 2. |
| | 3. |

| | |
|--------|----|
| SUNDAY | 1. |
| | 2. |
| | 3. |

what ingredients do I have?

healthy snacks fuel awesomeness

Happiness is having the next snack prepared

Reminder to bring your water!

Print and laminate this for weekly updates.
Happy snacking on the hop!

