

# WEEKLY MENU PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	Fresh Pineapple, Chicken amoz caldo and Whole Milk	Menudo, Rice and Chico	Paksiw na ayungin Steamed talong, okra, kangkong leaves w/ Calamansi and Rice	AM: Pandemonay w/ cheese pimiento PM: Fried saba
MONDAY	Ripe papaya, Fried egg Bisugo daing, Rice and Whole milk	Paksiw na galunggong Munggo ginado w/ malunggay leaves, Rice, and Latundan	Breaded pork, Pinakbet, and Rice	AM: Taho PM: Boiled camote and Fruit juice
TUESDAY	Ripe mango, Fried hotdog, Oatmeal w/ powdered milk, and Coffee (optional)	Chicken adobo, Chopsuey, Rice, and Sweetened white kidney beans	Fried tilapia, Laing Rice, and Lakatan	AM: Putong puti PM: Pan amerikano w/ margarine and Whole milk
WEDNESDAY	Melon Scrambled egg, Pandeval w/ margarine and Whole milk	Pork sinigang w/ vegetables and gabi, Rice, and Ripe langka	Fried daing na bangus, Pechay ginado w/ tokwa, and Rice	AM: Palitaw and Calamansi juice PM: Pasencia cookies
THURSDAY	Latundan, Sautéed sardines, Rice, and Whole Milk	Chicken Tinola w/ vegetables, Rice, and Red Guava	Steamed alimtasag w/ malunggay, Sayote ginado and Rice	AM: Ensaymada and Boiled peanuts PM: Biko, and Pineapple juice (unsweetened)
FRIDAY	Ripe papaya, Oatmeal w/ powdered milk, and Hardboiled egg	Fried chicken, Togue, cabbage, carrot ginado, and Rice	Ginataang tilapia w/ pechay and Rice	AM: Cuchinta and Whole milk PM: Pancit Bihon
SATURDAY	Dalanghita, Tocino, Salted Egg w/ tomatoes, Rice and Whole Milk	Nilagang baka w/ vegetables and potato, Rice and Avocado	Adobong pusit w/ eggplant and Rice	AM: Salted crackers, pack w/ liver spread PM: Suman, kamoteng kahoy and Calamansi juice

# Healthy Meal Planner

**Ensheng Dong**



## **Healthy Meal Planner:**

## Decoding **Healthy Meal Planner**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Healthy Meal Planner**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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