

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

3 John 2.

# 40-Day Meal Plan

## March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Chicken</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable	<b>Pasta Night</b> 2 Vegetables	<b>SALAD NIGHT</b> Fruit	<b>SEAFOOD NIGHT</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable
<b>Turkey</b> 2 Vegetables	<b>Tuna Salad</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable	<b>Pasta Night</b> 2 Vegetables	<b>SALAD NIGHT</b> Fruit	<b>SEAFOOD NIGHT</b> 2 Vegetables	<b>Salad Night</b> Fruit
<b>Cornish Hens or Hen</b> 2 Vegetables	<b>Shrimp</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable	<b>Pasta Night</b> 2 Vegetables	<b>SALAD NIGHT</b> Fruit	<b>SEAFOOD NIGHT</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable
<b>Chicken</b> 2 Vegetables	<b>Chicken Salad</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable	<b>Pasta Night</b> 2 Vegetables	<b>SALAD NIGHT</b> Fruit	<b>SEAFOOD NIGHT</b> 2 Vegetables	<b>Salad Night</b> Fruit
<b>Turkey</b> 2 Vegetables	<b>Baked Potato Night</b> Fruit and Vegetable	<b>Sandwich Night</b> Fruit and Vegetable	<b>Pasta Night</b> 2 Vegetables	<b>SALAD NIGHT</b> Fruit	<b>SEAFOOD NIGHT</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable
<b>Cornish Hens or Hen</b> 2 Vegetables	<b>Salmon/Fish</b> 2 Vegetables	<b>Sandwich Night</b> Fruit and Vegetable	<b>Pasta Night</b> 2 Vegetables	<b>SALAD NIGHT</b> Fruit	<b>SEAFOOD NIGHT</b> 2 Vegetables	<b>Salad Night</b> (Before Easter Sunday)



Eat clean. Eat **GREEN** vegetables.