

Name:

**Food Stamp Challenge
Meal Log**

Monday

Breakfast	Lunch	Dinner	Snacks
<i>½ medium apple 1 piece of toast 1 TBS peanut butter 1C Earl Grey Tea</i>			

Tuesday

Breakfast	Lunch	Dinner	Snacks

Wednesday

Breakfast	Lunch	Dinner	Snacks

Thursday

Breakfast	Lunch	Dinner	Snacks

Friday

Breakfast	Lunch	Dinner	Snacks