

Cooking to Goal

Option 1	Option 2	Option 3
Option 4	Option 5	Option 6

	Sunday (2/13/11)	Monday (2/14/11)	
<b>Breakfast</b>	2 Eggs, 4 Bacon		.....
<b>Lunch</b>	Grilled Cheese, Fries	Grilled Cheese, Fries	.....
<b>Dinner</b>	Soup, Salad, Bread sticks	Steak, Potatos	.....

Options will be layers of menus, so for example:  
 Layer 1: Breakfast, Lunch, Dinner  
 Layer 2: Main dish, Appetizer, Side, etc.  
 Layer 3 (assuming Dinner): American, Mexican, Chinese, etc.  
 Layer 4 (assuming American): Hamburger, Cheese burger, etc.