

Cooking to Goal
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Option 1
Option 2
Option 3

Option 4
Option 5
Option 6

	Sunday (2/13/11)	Monday (2/14/11)	...
Breakfast	2 Eggs, 4 Bacon		...
Lunch	Grilled Cheese, Fries	Grilled Cheese, Fries	...
Dinner	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.