## 5-DAY SOFT DIET MEAL PLAN

MONDAY			
BREAKFAST	<u>SNACK</u>	<u>LUNCH</u>	<u>DINNER</u>
TUESDAY			
<u>BREAKFAST</u>	<u>SNACK</u>	<u>LUNCH</u>	<u>DINNER</u>
WEDNESDAY			
BREAKFAST	<u>SNACK</u>	<u>LUNCH</u>	DINNER
THURSDAY			
BREAKFAST	<u>SNACK</u>	<u>LUNCH</u>	<u>DINNER</u>
FRIDAY			
BREAKFAST	<u>SNACK</u>	<u>LUNCH</u>	DINNER