

WEEKLY —



Meal Planner

Monday



BREAKFAST

LUNCH

DINNER

SNACK

Tuesday

BREAKFAST

LUNCH

DINNER

SNACK

Wednesday



BREAKFAST

LUNCH

DINNER

SNACK

Thursday

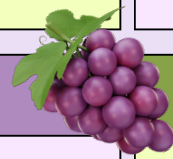
BREAKFAST

LUNCH

DINNER

SNACK

Friday



BREAKFAST

LUNCH

DINNER

SNACK

Saturday

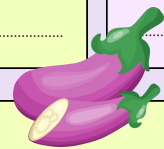
BREAKFAST

LUNCH

DINNER

SNACK

NOTES:



Sunday

BREAKFAST

LUNCH

DINNER

SNACK