

S M T W T F S

Date: _____

Daily Meal Plan

BREAKFAST

LUNCH

DINNER








SNACKS

SHOPPING LIST

S M T W T F S

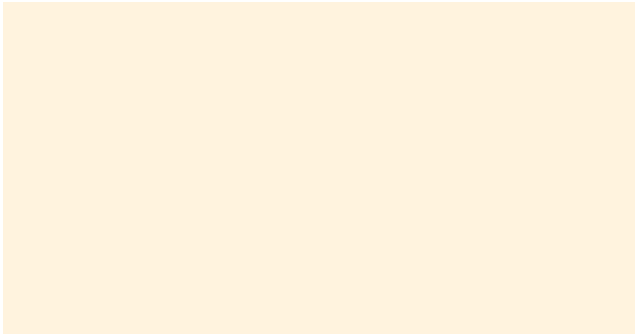
Date: _____

Weekly Meal Plan

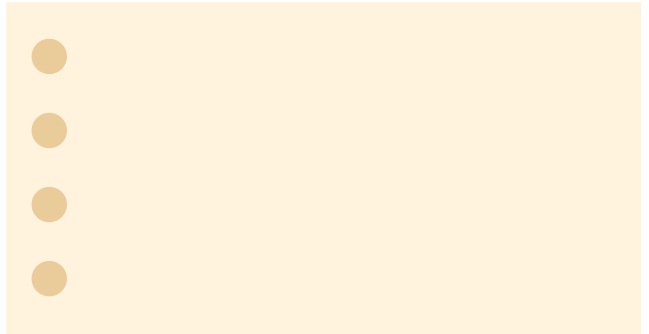
SUNDAY	WATER INTAKE
	
MONDAY	WATER INTAKE
	
TUESDAY	WATER INTAKE
	
WEDNESDAY	WATER INTAKE
	
THURSDAY	WATER INTAKE
	
FRIDAY	WATER INTAKE
	
SATURDAY	WATER INTAKE
	

Daily Meal Plan

Breakfast

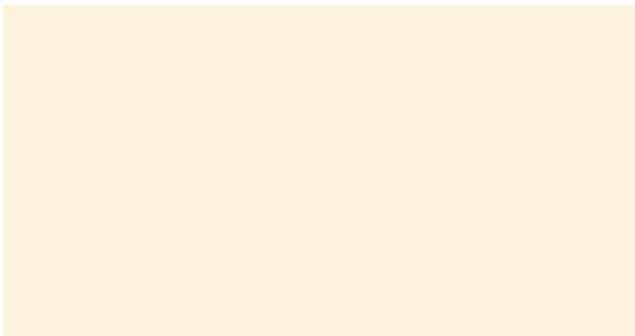


Steps

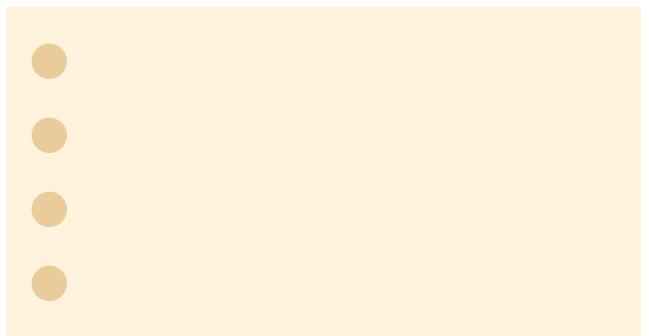


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Lunch

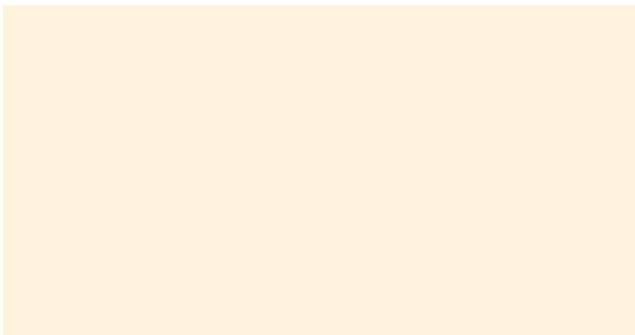


Steps

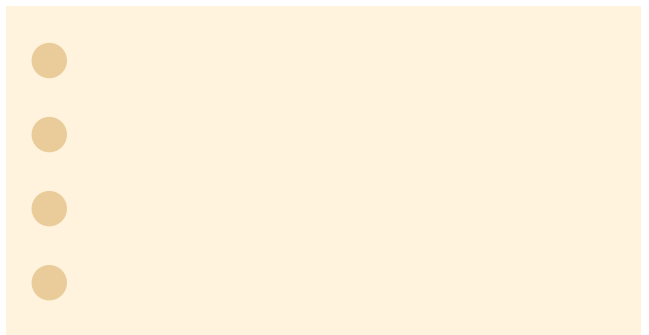


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Dinner

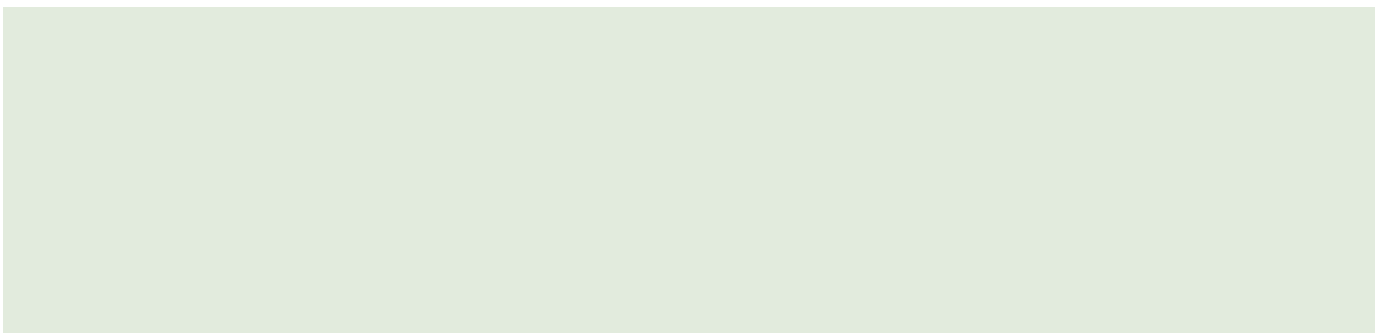


Steps



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-
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Notes



Weekly Meal Plan

Monday

Breakfast /
Lunch /
Dinner /

Saturday

Breakfast /
Lunch /
Dinner /

Tuesday

Breakfast /
Lunch /
Dinner /

Sunday

Breakfast /
Lunch /
Dinner /

Wednesday

Breakfast /
Lunch /
Dinner /

Shopping List

Thursday

Breakfast /
Lunch /
Dinner /

Friday

Breakfast /
Lunch /
Dinner /