

Meal Plan

WEEK OF: _____

| DAY | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|-----|-----------|-------|-------|-------|--------|
| M | | | | | |
| T | | | | | |
| W | | | | | |
| R | | | | | |
| F | | | | | |
| S | | | | | |
| S | | | | | |



**A goal without a plan is just a wish.
Prep once. Eat healthy all week!**