

MEAL PLANS

WEEK 1



MONDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

TUESDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

WEDNESDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

THURSDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

FRIDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

SATURDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

SUNDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

MEAL PLANS

WEEK 2



MONDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

TUESDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

WEDNESDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

THURSDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

FRIDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

SATURDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |

SUNDAY

BREAKFAST |

LUNCH |

DINNER |

SNACKS |