

Weekly Meal Plan

BREAKFAST	LUNCH	DINNER	WATER + SNACKS
MONDAY			W: S:
TUESDAY			W: S:
WEDNESDAY			W: S:
THURSDAY			W: S:
FRIDAY			W: S:
SATURDAY			W: S:
SUNDAY			W: S:

GROCERIES	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐