



Meal Planning Menu

SUNDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

TUESDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

THURSDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

SATURDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

MONDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

WEDNESDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

FRIDAY

Breakfast: _____
Lunch: _____
Dinner: _____
Snacks: _____

MEAL PREP

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

