1 WEEK

_____ *to* _____

BREAKFAST — 7 - 9 AM

MON _____ ☆

TUE _____ ☆

WED _____ ☆

LUNCH — 12 - 2 PM

MON _____ ☆

TUE _____ ☆

WED _____ ☆

DINNER — 6 - 8 PM

MON _____ ☆

TUE _____ ☆

WED _____ ☆

SNACKS

MON _____ TUE _____ WED _____

M O N T U E W E D

THU - SUN three meals a day

	BREAKFAST	LUNCH	DINNER	
THU				☐
FRI				☐
SAT				☐
SUN				☐

SNACKS

THU _____ FRI _____ SAT _____ SUN _____

MEAL PREP REMINDERS

THU
FRI
SAT
SUN