

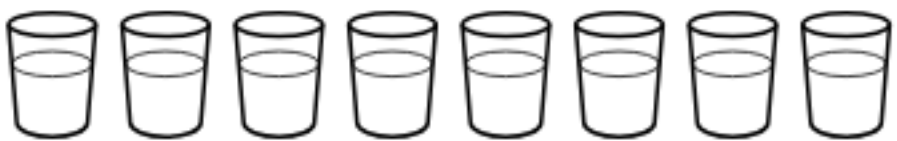
WEEKLY MEAL PLAN

WEEK OF: _____

HOW I FELT TODAY

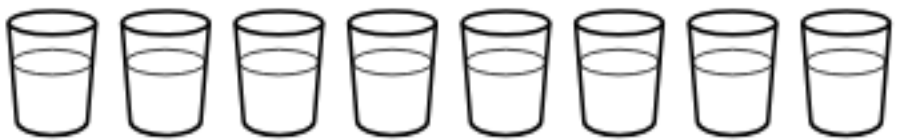
S

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE


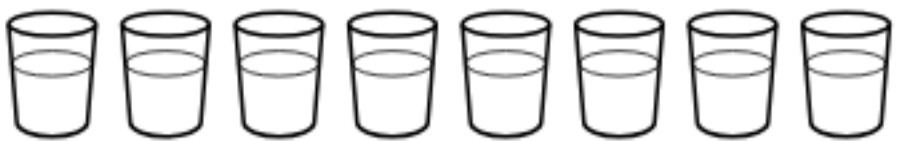
M

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE


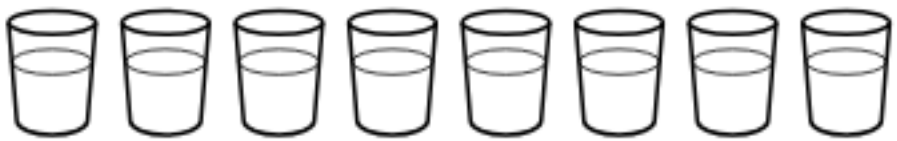
T

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE


W

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE


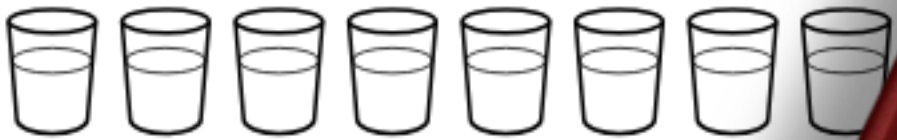
Th

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE


F

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE


S

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK _____

WATER INTAKE
