

Weekly Meal Plan

Week of: _____

Date		Lunch	Dinner	Remember
Monday	Carbs			
	Protein			
	Veggie/fruit			
Tuesday	Carbs			
	Protein			
	Veggie/fruit			
Wednesday	Carbs			
	Protein			
	Veggie/fruit			
Thursday	Carbs			
	Protein			
	Veggie/fruit			
Friday	Carbs			
	Protein			
	Veggie/fruit			
Saturday	Carbs			
	Protein			
	Veggie/fruit			
Sunday	Carbs			
	Protein			
	Veggie/fruit			