



# WEEKLY Meal Planner

Sunday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Monday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Tuesday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Wednesday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Thursday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Friday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Saturday
BREAKFAST:
LUNCH:
DINNER:
WATER INTAKE:

Shopping List	
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____