

MEAL PLAN IDEAS

Day	Protein	Carbohydrate	Fat	Fruit & Veg
Breakfast 1				
Breakfast 2				
Breakfast 3				
Lunch 1				
Lunch 1				
Lunch 1				
Dinner 1				
Dinner 2				
Dinner 3				
Dinner 4				
Dinner 5				
Dinner 6				
Dinner 7				
Snack 1				
Snack 2				
Snack 3				

WEEKLY MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEKLY GROCERY LIST

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