

Weekly Meal Planner

Week: _____

MONDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		
TUESDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		
WEDNESDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		
THURSDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		
FRIDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		
SATURDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		
SUNDAY	Breakfast:	What to buy	Workout
	Lunch:		
	Dinner:		
	Snack:		