

# WEEKLY meal plan

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

# meal prep plan

**MONDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**TUESDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**WEDNESDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**THURSDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**FRIDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**SATURDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**SUNDAY**

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

**SHOPPING LIST**

Large empty area for writing the shopping list.

**WEEKLY GOALS**

Large empty area for writing weekly goals.

# MONTHLY *meal plan*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## MONTHLY GOALS

Blank area for writing monthly goals.

# WEEKLY *water tracker*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
						
						
						
						
						
						
						