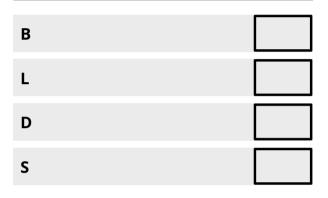
WEEKLY MEAL PLAN

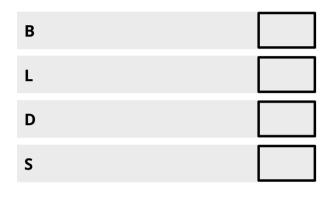
WEEK:

USE THIS PLAN TO MARK DOWN WHAT YOU ARE GOING TO HAVE AND WHEN. WE'D ALSO RECOMMEND ADDING POSITIVE AFFIRMATIONS FOLLOWING THE MEAL TO REINFORCE THAT THIS MEAL IS NOURISHING AND FUELLING YOU.

MONDAY

THURSDAY

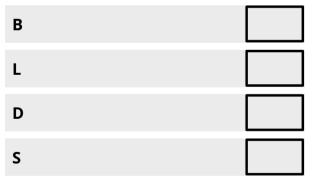




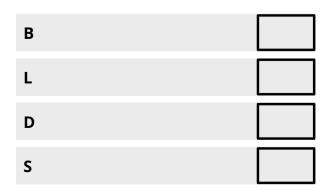
TUESDAY

В	
L	
D	
S	

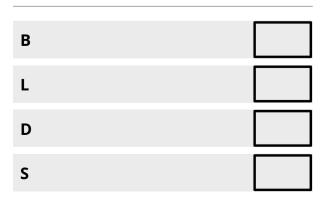
FRIDAY



WEDNESDAY



SATURDAY



Balance.