

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

B	<input type="text"/>
L	<input type="text"/>
D	<input type="text"/>
S	<input type="text"/>

TUESDAY

B	<input type="text"/>
L	<input type="text"/>
D	<input type="text"/>
S	<input type="text"/>

WEDNESDAY

B	<input type="text"/>
L	<input type="text"/>
D	<input type="text"/>
S	<input type="text"/>

THURSDAY

B	<input type="text"/>
L	<input type="text"/>
D	<input type="text"/>
S	<input type="text"/>

FRIDAY

B	<input type="text"/>
L	<input type="text"/>
D	<input type="text"/>
S	<input type="text"/>

SATURDAY

B	<input type="text"/>
L	<input type="text"/>
D	<input type="text"/>
S	<input type="text"/>

KEY; B - BREAKFAST / L - LUNCH / D - DINNER / S - SNACKS
WRITE YOUR MEAL AND THEN YOUR PLANNED TIME(S) IN THE OUTLINED BOX.

Balance.