

W E E K L Y M E A L P L A N

Protein
Carb
Fruit
Vegs
Dairy
Fats

	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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Dairy
Carb
Fruit
Free

	Snack	Snack	Snack	Snack	Snack	Snack	Snack
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Protein
Carb
Fruit
Vegs
Dairy
Fats

	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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Dairy
Carb
Fruit
Free

	Snack	Snack	Snack	Snack	Snack	Snack	Snack
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Protein
Carb
Fruit
Vegs
Dairy
Fats

	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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Dairy
Carb
Fruit
Free

	Snack	Snack	Snack	Snack	Snack	Snack	Snack
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M O D I F I C A T I O N S

Flax	□□□	Flax	□□□	Flax	□□□	Flax	□□□	Flax	□□□	Flax	□□□
Fiber	□□□	Fiber	□□□	Fiber	□□□	Fiber	□□□	Fiber	□□□	Fiber	□□□
GT	□□□	GT	□□□	GT	□□□	GT	□□□	GT	□□□	GT	□□□
Protein	□□□□□ □□□□□	Protein	□□□□□ □□□□□	Protein	□□□□□ □□□□□	Protein	□□□□□ □□□□□	Protein	□□□□□ □□□□□	Protein	□□□□□ □□□□□
Carbs	□□□	Carbs	□□□	Carbs	□□□	Carbs	□□□	Carbs	□□□	Carbs	□□□
Fat	□□□	Fat	□□□	Fat	□□□	Fat	□□□	Fat	□□□	Fat	□□□
Dairy	□□□	Dairy	□□□	Dairy	□□□	Dairy	□□□	Dairy	□□□	Dairy	□□□
Fruits	□□□	Fruits	□□□	Fruits	□□□	Fruits	□□□	Fruits	□□□	Fruits	□□□
Walnuts	□□□□□ □□□□□	Walnuts	□□□□□ □□□□□	Walnuts	□□□□□ □□□□□	Walnuts	□□□□□ □□□□□	Walnuts	□□□□□ □□□□□	Walnuts	□□□□□ □□□□□
Water	□□□□□ □□□□□	Water	□□□□□ □□□□□	Water	□□□□□ □□□□□	Water	□□□□□ □□□□□	Water	□□□□□ □□□□□	Water	□□□□□ □□□□□

Free
Exercise