



*IF YOU DO NOT HAVE A PLAN,  
THEN YOU ARE LEAVING YOUR  
SUCCESS TO CHANCE.*

# MEAL PLANNING

## MONDAY

Breakfast

Lunch

Dinner

Snacks

## WEDNESDAY

Breakfast

Lunch

Dinner

Snacks

## FRIDAY

Breakfast

Lunch

Dinner

Snacks

## SUNDAY

Breakfast

Lunch

Dinner

Snacks

## TUESDAY

Breakfast

Lunch

Dinner

Snacks

## THURSDAY

Breakfast

Lunch

Dinner

Snacks

## SATURDAY

Breakfast

Lunch

Dinner

Snacks

## NOTES

Challenges this week:

## SHOPPING LIST