

# 7 Day Meal Plan

|  | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|-----|-----|------|-----|-------|-----|-----|
| <b>Breakfast</b>                           |     |     |      |     |       |     |     |
| <b>Snack 1</b>                             |     |     |      |     |       |     |     |
| <b>Lunch</b>                               |     |     |      |     |       |     |     |
| <b>Snack 2<br/>(or Optional<br/>Treat)</b> |     |     |      |     |       |     |     |
| <b>Dinner</b>                              |     |     |      |     |       |     |     |