

WEEKLY MEAL PLANNER

WEIGHT LOSS JOURNEY / WEEK OF: _____

GOAL WEIGHT: ____ LBS

DAY	BREAKFAST	LUNCH	DINNER	SNACKS / CALORIES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
SHOPPING LIST & PREP NOTES				

DAILY HABITS

â–| Exercise 30m

â–| No Soda/Sugar

â–| 8+ Hours Sleep

Water Intake: