|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weekly Meal Planner Week of \_\_\_\_\_\_\_\_\_ | | | | | | | | | |
| Meal | | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
| Lunch | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
| Snack |  | |  |  |  |  |  |  |  |
| Dinner | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
| Supper | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
|  | | Total calories intake  \_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weekly Meal Planner Week of \_\_\_\_\_\_\_\_\_ | | | | | | | | | |
| Meal | | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
| Lunch | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
| Snack |  | |  |  |  |  |  |  |  |
| Dinner | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
| Supper | Main Dish  Side Veggies  Salad or soup  Dessert  Water | |  |  |  |  |  |  |  |
|  | | Total calories intake  \_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |