

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
Dairy Carb Fruit Free	Snack	Snack	Snack	Snack	Snack	Snack
Protein Carb Fruit Vegs Dairy Fats	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dairy Carb Fruit Free	Snack	Snack	Snack	Snack	Snack	Snack
Protein Carb Fruit Vegs Dairy Fats	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Dairy Carb Fruit Free	Snack	Snack	Snack	Snack	Snack	Snack
	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						