



# Fit & Lean in 2014

## 1.8: Weekly Meal Planner

|         | Breakfast | Snack | Lunch | Snack | Dinner |
|---------|-----------|-------|-------|-------|--------|
| Sunday  |           |       |       |       |        |
| Monday  |           |       |       |       |        |
| Tuesday |           |       |       |       |        |



|           | Breakfast | Snack | Lunch | Snack | Dinner |
|-----------|-----------|-------|-------|-------|--------|
| Wednesday |           |       |       |       |        |
| Thursday  |           |       |       |       |        |
| Friday    |           |       |       |       |        |
| Saturday  |           |       |       |       |        |

