## MEAL TEMPLATE

## P <br> 唒出

## Use this simple meal planner for your weekly meals

Aim to create a minimum of two meal planners so you can get variety in your meals and avoid nutritional plateaus.

| DAY | BREAKFAST | LUNCH | DINNER | SNACKS |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY |  |  |  |  |
| TUESDAY |  |  |  |  |
| WEDNESDAY |  |  |  |  |
| THURSDAY |  |  |  |  |
| SATURDAY |  |  |  |  |
| SUNDAY |  |  |  |  |
| SAT |  |  |  |  |

