Weekly Meal Planner: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

FRUIT & VEGETABLES
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

GRAINS & BREADS
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

MEAT & ALTERNATIVES
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

OTHER
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

FROZEN & CANNED FOODS
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

SPICES & CONDIMENTS
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

DAIRY & ALTERNATIVES
❑
❑
❑
❑
❑
❑
❑
❑
❑
❑

Northern Girl Fitness
WOMEN LIVING FIT.