

WEEKLY MEAL PLANNER

BENEFITS:

- Spend your time on other activities.
- Reduce the temptation to order take out or dine out.
- Maintain a balanced diet & avoid unhealthy alternatives.

MONDAY

Meal planner card for Monday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

WEDNESDAY

Meal planner card for Wednesday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

FRIDAY

Meal planner card for Friday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

SUNDAY

Meal planner card for Sunday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

TUESDAY

Meal planner card for Tuesday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

THURSDAY

Meal planner card for Thursday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

SATURDAY

Meal planner card for Saturday. The top half is orange with a sun icon and a checkbox. The bottom half is blue with a moon icon and a checkbox.

notes

When are you eating out?

Notes section with a green background and a pencil icon.

**“Take care of your body.
It’s the only place you have to live.”**

Remember you’re doing this for you!