



weekly meal plan

NOURISH YOUR BODY. FUEL YOUR LIFE. 

WEEK OF: _____



	BREAKFAST	LUNCH	DINNER	SNACKS
MON 				
TUE 				
WED 				
THU 				
FRI 				
SAT 				
SUN 				

GROCERY LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



MEAL PREP / NOTES

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WATER GOAL



*small choices
big difference* 

REMEMBER

progress, not perfection 

