

Weekly Meal Plan

	Exercise	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Friday	Grocery Shopping/					
Saturday	Food Prep Day/ Workout Day					
Sunday	Family Day					
Monday	Workout Day					
Tuesday	Clean House					
Wednesday	Workout Day					
Thursday	Rest Day					

Don't forget to plan what exercise you will be doing for the week! You may go for a walk each day or even a swim, as long as you do some physical activity to keep active. You can change which nights you have off to go out for dinner or when someone else cooks! At least two!

This is a guide only!