



Meal Planning Template



Not having a plan means you are planning to fail. You CANNOT fly by the seat of your pants for this program – unfortunately, America doesn't eat this way and you will have to put some effort into it. It gets easier with time and you don't have to be complicated. ***Remember: Every meal should include a palm sized serving of protein, a serving of healthy fat, and 2/3 of a plate of veggies. Fruit as desired.**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1	Protein							
	Veggies							
	Fat							
Meal 2	Protein							
	Veggies							
	Fat							
Meal 3	Protein							
	Veggies							
	Fat							

Emergency Meals and Emergency Snacks:

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