

# Meal Planner

@hellotounshinelifestyle

daily weigh in						
M	T	W	Th	F	Sa	Su

points

monday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

points

tuesday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

points

wednesday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

points

thursday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

points

friday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

saturday

points

saturday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

sunday

points

sunday	breakfast	
	lunch	_____
	dinner	_____
	snack	_____
	total	_____

weeklies remaining

monday	_____
tuesday	_____
wednesday	_____
thursday	_____
friday	_____
saturday	_____
sunday	_____