

Meal Prep Menu

NOTES

MONDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	
TUESDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	
WEDNESDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	
THURSDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	
FRIDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	
SATURDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	
SUNDAY	BREAKFAST: LUNCH: DINNER: SNACKS:	