



# MY SUPER AWESOME 7-DAY MEAL PLAN

WEEK OF:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
MEAL 2	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
MEAL 3	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
MEAL 4	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
MEAL 5	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
MEAL 6	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
TOTAL CALORIES:	CALS	CALS	CALS	CALS	CALS	CALS	CALS
TOTAL WATER:							