



WEEKLY MEAL PLANNER

Week of: _____

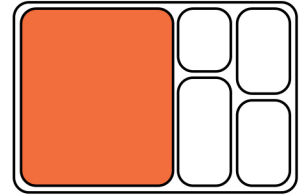
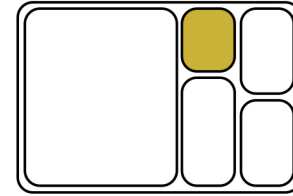
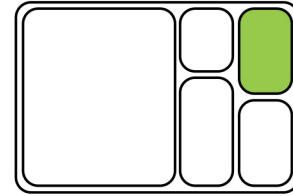
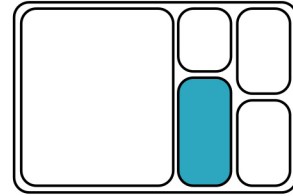
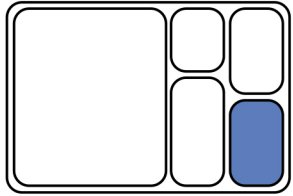
Vegetables 

Protein 

Fruit 

Dairy / Nuts 

Carbohydrates 



Mon

Tues

Wed

Thurs

Fri

Tick off stars



Reward Magnet: _____