



WEEKLY MEAL PLANNER (CALORIE WATCH)



MONDAY				TUESDAY				WEDNESDAY			
MEAL	FOOD	QTY	CALORIES	MEAL	FOOD	QTY	CALORIES	MEAL	FOOD	QTY	CALORIES
Breakfast				Breakfast				Breakfast			
Snack				Snack				Snack			
Lunch				Lunch				Lunch			
Snack				Snack				Snack			
Dinner				Dinner				Dinner			
		TOTAL				TOTAL				TOTAL	

THURSDAY				FRIDAY				SATURDAY			
MEAL	FOOD	QTY	CALORIES	MEAL	FOOD	QTY	CALORIES	MEAL	FOOD	QTY	CALORIES
Breakfast				Breakfast				Breakfast			
Snack				Snack				Snack			
Lunch				Lunch				Lunch			
Snack				Snack				Snack			
Dinner				Dinner				Dinner			
		TOTAL				TOTAL				TOTAL	

SUNDAY			
MEAL	FOOD	QTY	CALORIES
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
		TOTAL	

MEAL PREPERATIONS (A DAY BEFORE TASKS)	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Notes: