

Daily Meal Planner

M T W T F S S

BREAKFAST

SNACK

LUNCH

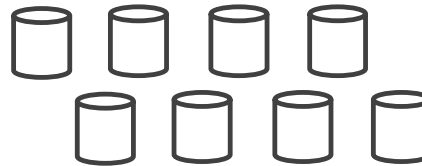
SNACK

DINNER

MIDNIGHT SNACK / DESSERT

NOTES

WATER INTAKE



FRUITS INGEST

VEGGIES INGEST

HEALTHY FATS

PROTEIN