|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | BREAKFAST | LUNCH | DINNER | SNACK |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

[www.loseweightbyeating.com](http://www.loseweightbyeating.com) [www.facebook.com/loseweightbyeating](http://www.facebook.com/loseweightbyeating)

LOSE WEIGHT BY EATING WEEKLY MEAL PLANNER

Choose 2 breakfasts, 2 lunches and 5 dinners from

[www.loseweightbyeating.com](http://www.loseweightbyeating.com) then plug them in below