

16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MEALS

MON ~~☑~~~~☑~~~~☑~~~~☑~~
☑☑☑☑

Chicken salad

TUE ~~☑~~~~☑~~~~☑~~~~☑~~
☑☑☑☑

Grilled salmon

WED ☑☑☑☑☑☑
☑☑☑☑☑☑

THU ☑☑☑☑☑☑
☑☑☑☑☑☑

FRI ☑☑☑☑☑☑
☑☑☑☑☑☑

SAT ☑☑☑☑☑☑
☑☑☑☑☑☑

SUN ☑☑☑☑☑☑
☑☑☑☑☑☑

Weekly meal plan sticker

	morning	morning	morning
	day	day	day
	night	night	

