

WEEKLY MEAL PLANNER



For personal use only. Freebie by Marina Terentii.

BENEFITS:



- Spend your time on other activities.
- Reduce the temptation to order take out or dine out.
- Maintain a balanced diet & avoid unhealthy alternatives.

NOW
or
NEVER



Monday

	<input type="checkbox"/>
	<input type="checkbox"/>



Wednesday

	<input type="checkbox"/>
	<input type="checkbox"/>



Friday

	<input type="checkbox"/>
	<input type="checkbox"/>



Sunday

	<input type="checkbox"/>
	<input type="checkbox"/>



Tuesday

	<input type="checkbox"/>
	<input type="checkbox"/>

Thursday

	<input type="checkbox"/>
	<input type="checkbox"/>

Saturday

	<input type="checkbox"/>
	<input type="checkbox"/>

notes

When are you eating out?



*"Take care of your body.
It's the only place you have to live."*

Remember you're doing this for you!