PLAN TO EAT

MEAL 1	MEAL 2	MEAL 3
Veggie:	Veggie:	Veggie:
Protein:	Protein:	Protein:
Seasonings:	Seasonings:	Seasonings:
Other:	Other:	Other:

MEAL 4	MEAL 5	MEAL 6
Veggie:	Veggie:	Veggie:
Protein:	Protein:	Protein:
Seasonings:	Seasonings:	Seasonings:
Other:	Other:	Other:

BREAKFAST	SNACKS	OTHER