**Weekly Meal Plan Template**

**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| (Breakfast) | (Breakfast) | (Breakfast) | (Breakfast) | (Breakfast) | (Breakfast) | (Breakfast) |
| (Lunch) | (Lunch) | (Lunch) | (Lunch) | (Lunch) | (Lunch) | (Lunch) |
| (Dinner) | (Dinner) | (Dinner) | (Dinner) | (Dinner) | (Dinner) | (Dinner) |
| (Snacks) | (Snacks) | (Snacks) | (Snacks) | (Snacks) | (Snacks) | (Snacks) |