

LIST EXCHANGES (IF APPLICABLE) HERE

# WEEKLY MEAL PLAN

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USE THIS AS A BLANK, EASY WAY TO MAKE A ROUGH MEAL PLAN FOR THE WEEK. IT IS MISSING ONE DAY SO YOU CAN CHALLENGE YOURSELF TO EAT OUT/ORDER FOOD. USE THE REFLECTION SPACE FOR ANY NOTES, EMOTIONS, WINS, OR CHALLENGES THAT COME UP.

**DAY 1:**

**DAY 2:**

**DAY 3:**

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Reflection Space:

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Reflection Space:

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Reflection Space:

**DAY 4:**

**DAY 5:**

**DAY 6:**

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Reflection Space:

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Reflection Space:

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Reflection Space: