

3-Meal-Per-Day Template: Meal Plan for Week of _____

Recipes I plan to make sometime this upcoming week:

Here is when I think I will make/eat these meals:

	Breakfast	Lunch	Dinner
M			
T			
W			
R			
F			

Day	1st Meal/Lunch or Brunch	Snack (Optional)	2nd Meal/Dinner
S			
S			

2-Meal-Per-Day Template: Meal Plan for Week of _____

Recipes I plan to make sometime this upcoming week:

Here is when I think I will make/eat these meals:

Day	1st Meal/Lunch or Brunch	Snack (Optional)	2nd Meal/Dinner
M			
T			
W			
R			
F			
S			
S			