## 7-Day Meal Planner

helping you live a healthy weigh of life
It's time to get organized! Use this meal planner to create your menu for the week. Be sure to bring it to the grocery store along with a shopping list so you have everything you need for meal preparation.

| Day ofthe Week | Lunch |  |
| :---: | :--- | :--- |
| Sunday |  | Dinner |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |

