

# Your 7 day Meal Planner

# Daily targets

Calorie goal Exchange allowance

## Shopping List

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## Monday

Exchanges Calories

Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today		

Water Intake


				
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## Tuesday

Exchanges Calories

Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today		

Water Intake


				
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## Wednesday

Exchanges Calories

Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today		

Water Intake

				
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Weight\*



Thursday	Exchanges	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today		
Water Intake		

Friday	Exchanges	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today Intake		
Water Intake		

Saturday	Exchanges	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today		
Water Intake		

Sunday	Exchanges	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Protein Substitutes		
Total for today		
Water Intake		

\* Keep track of your weight no more than once weekly; weigh at the same time of day in similar clothing.