

NAME :

DATE :

Weekly Meal Plan For Weight Loss

MONDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

TUESDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

WEDNESDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

THURSDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

FRIDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

SATURDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

SUNDAY	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS	

Meal Prep : Cook and portion meals in advance (e.g., grilled chicken, quinoa, and roasted veggies).
Flexibility : Swap similar meals if you prefer more variety on any day.
Snacks : Keep snacks portioned and ready to grab for convenience.