Weekly Meal Plan

Breakfast	Lunch	Dinner
3 servings of protein	3 servings of protein	3 servings of proteins
1 serving of fruit	2 servings of vegetables	2 servings of vegetables
1 serving of dairy	1 serving of fruit	1 serving of dairy
1 serving of carbohydrate	1 serving of carbohydrate	1 serving of carbohydrate
1 serving of fat	1 serving of fat	1 serving of fat

Monday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F:

Tuesday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F:

Wednesday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F:

Thursday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F:

Friday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F:

Saturday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F:

Sunday

Breakfast	Lunch	Dinner
P:	P:	P:
F:	V:	V:
D:	F:	D:
C:	C:	C:
F:	F:	F: