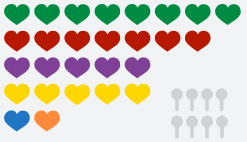
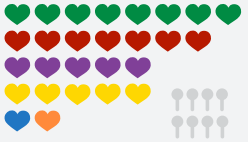
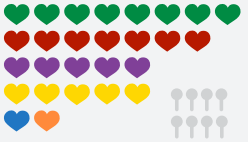
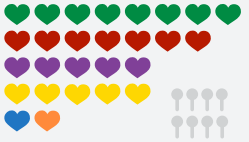
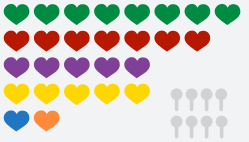
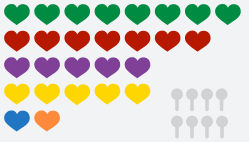
WEEKLY MEAL PLAN

week of _____

Confessions of a Fit Foodie
eat clean. get fit. be happy.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLAN F 2500-2700 CALS							
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
DESSERT							
SERVINGS OF WATER							