

## Weekly Meal Plan - So It Must Be True

ON THE AGENDA	MON	TUE	WED	THU	FRI	SAT	SUN
Events to be aware of							
MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
EXERCISE	MON	TUE	WED	THU	FRI	SAT	SUN
Workout type and duration							
DO AHEAD	MON	TUE	WED	THU	FRI	SAT	SUN
Meal prep tasks for the next day							