

# Fit & Full Weekly Planner

Week of: \_\_\_\_\_

Date: \_\_\_\_\_

## Monday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Tuesday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Wednesday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Thursday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Friday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Saturday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Sunday

|           |
|-----------|
| BREAKFAST |
| LUNCH     |
| DINNER    |
| SNACK     |

## Grocery List

|           |
|-----------|
| Proteins: |
|           |
|           |
|           |
| Veggies:  |
|           |
|           |
|           |
| Other:    |
|           |