

Weekly Meal Planning

Level-Up 1

Week of _____

Plan a Menu For One Meal Per Day	
M	<input type="checkbox"/> B
O	<input type="checkbox"/> L
N	<input type="checkbox"/> D
T	<input type="checkbox"/> B
U	<input type="checkbox"/> L
E	<input type="checkbox"/> D
W	<input type="checkbox"/> B
E	<input type="checkbox"/> L
D	<input type="checkbox"/> D
T	<input type="checkbox"/> B
H	<input type="checkbox"/> L
U	<input type="checkbox"/> D
F	<input type="checkbox"/> B
R	<input type="checkbox"/> L
I	<input type="checkbox"/> D
S	<input type="checkbox"/> B
A	<input type="checkbox"/> L
T	<input type="checkbox"/> D
S	<input type="checkbox"/> B
U	<input type="checkbox"/> L
N	<input type="checkbox"/> D

Pre-Prep For the Following Day	
Mon for Tue	
Tue for Wed	
Wed for Thu	
Thu for Fri	
Fri for Sat	
Sat for Sun	
Sun for Mon	

Notes: