

Weekly Meal Plan: _____

M1

M2

M3

M4

M5

M6

Total
Macros

Goal
Macros

	M	T	W	T	F	S	S
M1							
M2							
M3							
M4							
M5							
M6							
Total Macros	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:
Goal Macros	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:	Calories: P: C: F:

She believed she could, so she did.