



## Weekly Planner

Day

Protein

Veggies 5+

Fat Balance

No Processed

<b>1</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											

<b>2</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											

<b>3</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											

<b>4</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											

<b>5</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											

<b>6</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											

<b>7</b>	<b>Meals</b>	Breakfast					Fibre (30 g)		<b>Drinks</b>	Water	Calories	Alcohol
		Lunch										
		Dinner										
	<b>Notes</b>											