



# Eat Better

## Weekly Planner

Day		Protein	Veggies 5+	Fat Balance	No Processed			Drinks	Water	Calories	Alcohol	
1	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											
2	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											
3	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											
4	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											
5	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											
6	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											
7	Meals	Breakfast					Fibre (30 g)		Drinks	Water	Calories	Alcohol
		Lunch										
		Dinner						Fasting (hrs)				
	Notes											