



AM I SUPPOSED
To Eat This?

Weekly Meal PLANNER

WEEK :

DATE :

MONDAY

B

L

D

S

THURSDAY

B

L

D

S

TUESDAY

B

L

D

S

FRIDAY

B

L

D

S

WEDNESDAY

B

L

D

S

SATURDAY

B

L

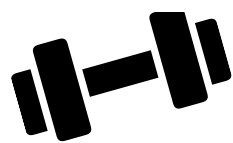
D

S

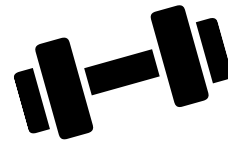


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Weekly



WORKOUT PLAN



	ACTIVITY	TIME	SETS	REPS
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				