

# Our weekly meal plan

**Monday**

Breakfast

Lunch

Dinner

Exercise

**Tuesday**

Breakfast

Lunch

Dinner

Exercise

**Wednesday**

Breakfast

Lunch

Dinner

Exercise

**Thursday**

Breakfast

Lunch

Dinner

Exercise

**Friday**

Breakfast

Lunch

Dinner

Exercise

**Saturday**

Breakfast

Lunch

Dinner

Exercise

**Sunday**

Breakfast

Lunch

Dinner

Exercise