

# BODY REBOOT

## MEAL PLANNER

*Make a plan and  
stick with it!*

|           | BREAKFAST | LUNCH | DINNER | SNACKS | SHOPPING LIST |  |
|-----------|-----------|-------|--------|--------|---------------|--|
| MONDAY    |           |       |        |        |               |  |
| TUESDAY   |           |       |        |        |               |  |
| WEDNESDAY |           |       |        |        |               |  |
| THURSDAY  |           |       |        |        |               |  |
| FRIDAY    |           |       |        |        |               |  |
| SATURDAY  |           |       |        |        |               |  |
| SUNDAY    |           |       |        |        |               |  |