



# 5 DAY MEAL PLAN

FROM: / / UNTIL: / /

## MY CURRENT DAILY TARGETS

CALORIES		
PROTEIN	FAT	CARBS

<b>WAKE-UP</b>	NAME:	CALORIES
<b>SNACK:</b>	RECIPE #	PROTEIN FAT CARBS
<b>BREAKFAST:</b>	NAME:	CALORIES
	RECIPE #	PROTEIN FAT CARBS
<b>LUNCH:</b>	NAME:	CALORIES
	RECIPE #	PROTEIN FAT CARBS
<b>SNACK:</b>	NAME:	CALORIES
	RECIPE #	0 PROTEIN FAT CARBS
<b>DINNER:</b>	NAME:	CALORIES
	RECIPE #	PROTEIN FAT CARBS

**THIS MEAL PLAN CONTAINS:**

CALORIES		
PROTEIN	FAT	CARBS

- |   |  |   |
|---|--|---|
| <b>EXTRA FOOD ITEMS THAT ARE ALLOWED:</b> ✓<br><ul style="list-style-type: none"> <li>• ONION</li> <li>• GARLIC</li> <li>• VINIGAR</li> <li>• TEA &amp; COFFEE</li> </ul> | <ul style="list-style-type: none"> <li>• HERBS &amp; SPICES</li> <li>• LEMON &amp; LIME JUICE</li> <li>• STOCKS/ BOUILLON</li> <li>• ARTIFICIAL SWEETNERS</li> </ul> | <b>EXTRA FOOD ITEMS THAT ARE FORBIDDEN:</b> ✗<br><ul style="list-style-type: none"> <li>• BUTTER</li> <li>• OILS (ALL)</li> <li>• MARGERINE</li> <li>• KETCHUP AND OTHER SAUCES</li> <li>• SUGARS</li> <li>• SYRUPS</li> <li>• HONEY</li> </ul> |
|---|--|---|

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# SHOPPING LIST

**MEAT & FISH:**  

**DAIRY:** 

**FRUIT:** 

**VEGETABLES:** 

**DRY STORE:** 

**FROZEN:** 

**IMPORTANT!**  
MAKE SURE TO WEIGH ALL YOUR INGREDIENTS ACCURATELY!