

# MEAL PLANNING CALENDAR TEMPLATE

	S	M	T	W	TH	F	S
BREAKFAST	Mocha Overnight Oats	Strawberry Coconut Smoothie	Carrot Cake Oatmeal	Strawberry Coconut Smoothie	Carrot Cake Oatmeal	Strawberry Coconut Smoothie	Carrot Cake Oatmeal
LUNCH	Spring Vegetable Rolls	Tomato & Cucumber Salad	Roasted Cauliflower Soup	Tomato & Cucumber Salad	Roasted Cauliflower Soup	Tomato & Cucumber Salad	Roasted Cauliflower Soup
SNACK/SHAKE	Almond Butter Logs	Almond Joy Shake	Energy Trail Mix	Almond Joy Shake	Energy Trail Mix	Almond Joy Shake	Energy Trail Mix
DINNER	Roasted Broccoli	5 Min. Egg White Scramble	Crockpot Lasagna	5 Min. Egg White Scramble	Crockpot Lasagna	5 Min. Egg White Scramble	Crockpot Lasagna
SMALL SNACK	Cheesy Popcorn	Chocolate PB Cup Cheesecake	Cherry Smoothie	Chocolate PB Cup Cheesecake	Cherry Smoothie	Chocolate PB Cup Cheesecake	Cherry Smoothie

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**BREAKFAST**

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**SNACK/SHAKE**

**DINNER**

**SMALL SNACK**