WEEK 1 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1	

WEEK 2 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1 2 3.	

WEEK 3 MEAL PLAN

1 2 3		NAME
1 2 3		GROCERY LIST
1 2 3		
	Thursday	
	Friday	
	Saturday	
1		

WEEK 4 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1 2 3	

WEEK 5 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1 2	

WEEK 6 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1 2	

WEEK 7 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1	

WEEK 8 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1	

WEEK 9 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1 2	

Virtual Fitclub WEEK 10 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1 2 3	

Virtual Fitclub WEEK 11 MEAL PLAN

Monday 1 2 3	NAME
Tuesday 1 2 3	GROCERY LIST
Wednesday 1 2 3	
Thursday 1 2 3	
Friday 1 2 3	
Saturday 1 2 3	
Sunday 1	

Virtual Fitclub WEEK 12 MEAL PLAN

1	Monday	NAME
1	Tuesday	GROCERY LIST
1	ednesday	
1	hursday	
1 2 3	Friday	
1	Saturday	
1	Sunday	