

WEEKLY MEAL PLAN

Monday

B _____
 L _____
 D _____
 S _____

Grocery List

Tuesday

B _____
 L _____
 D _____
 S _____

Wednesday

B _____
 L _____
 D _____
 S _____

Thursday

B _____
 L _____
 D _____
 S _____

Friday

B _____
 L _____
 D _____
 S _____

Saturday

B _____
 L _____
 D _____
 S _____

Sunday

B _____
 L _____
 D _____
 S _____

Amount Per Serving	
Calories	150
Calories from Fat	25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 0.5	2%
Trans Fat 0mg	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb 27g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	

WeBeFit.com
Serving Size Realistic?
Fat - Calories ÷ 3 or 4 Answer HIGHER than Fat
Trans Fat - Avoid Partially Hydrogenated, Shortening, Interesterified, Stearate-Rich
Salt - Max 125% of Calories
Fiber - 3g Plus Per Serving
Sugar - 1g Per 40 Calories
Protein - Choose Higher
Ingredients - Choose Less