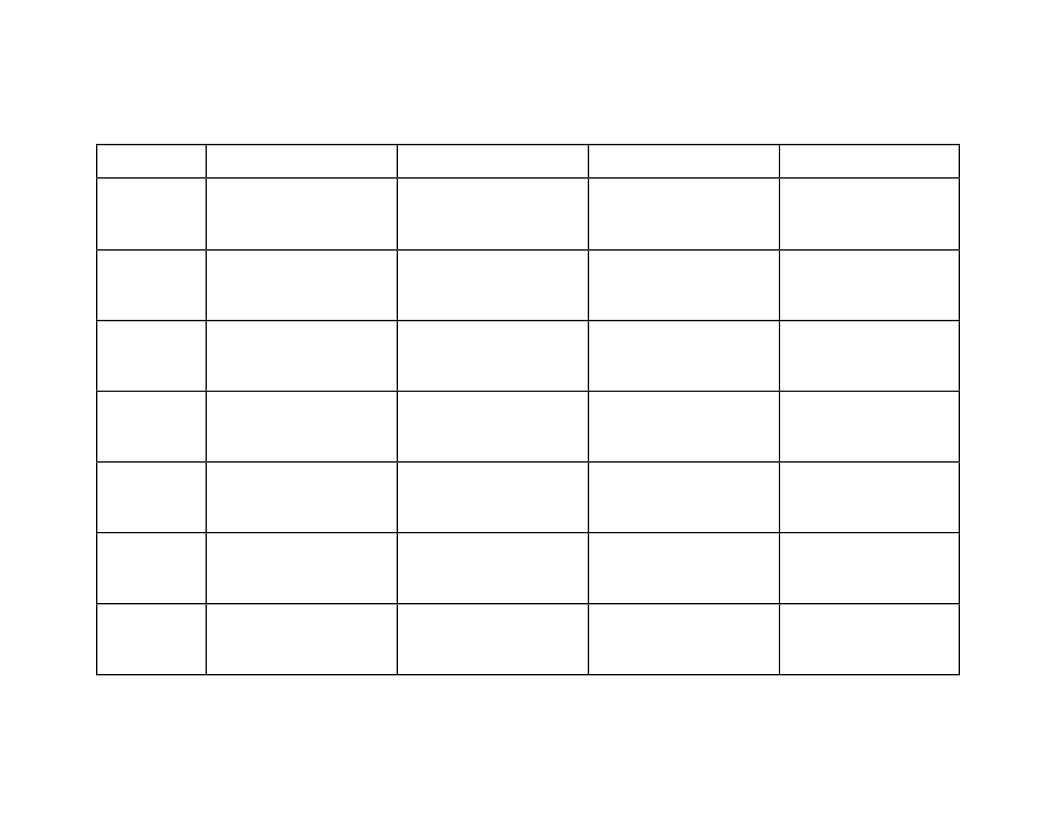
**Meal Plan Template**



**Day**

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**