## 21 Day Fix Weekly Meal Planper

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| Meal | Monday | Tuesday | dnesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} \text { Containers } \\ \text { (1500-1799 } \\ \text { Cal) } \end{gathered}$ | $\begin{array}{\|l\|l\|} \hline \text { GGGG PPP } \\ \text { RRRR Y Y } \\ \text { B } 0 \text { TTTT } \end{array}$ | $\begin{aligned} & \text { GGGG PPP } \\ & \text { RRRR YY } \\ & \text { B } 0 \text { TTTT } \end{aligned}$ | $\begin{aligned} & \hline \text { GGGG PPP } \\ & \text { RRRRYY } \\ & B \quad 0 \text { TTTT } \end{aligned}$ | $\begin{array}{\|l\|l} \hline \text { GGGG PPP } \\ \text { RRRR YY } \\ B \quad 0 \quad \text { TTTT } \end{array}$ | $\begin{aligned} & \text { GGGG PPP } \\ & \text { RRRRYY } \\ & \text { B } 0 \text { TTTT } \end{aligned}$ | $\begin{array}{\|c\|c\|} \hline \text { GGGG PPP } \\ \text { RRRR Y Y } \\ \text { B } 0 \text { TTTT } \end{array}$ | $\begin{array}{\|l\|l\|} \hline \text { GGGG PPP } \\ \text { RRRR Y Y } \\ \text { B } 0 \text { TTTT } \end{array}$ |
| Breakfast |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |

