PHASE 2 RECOMP

MENU PLANNER TEMPLATE

WEEK OF:	DAILY CALORIES:	DAILY PROTEIN:	SNACK CALORIES:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1 *Breakfast*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Meal 2 *Lunch*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Meal 3 *Dinner*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Meal 4 *Optional*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Snacks *Fill the gap*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Day total	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G

SHOPPING LIST

Servings approach: calculate quantity for your shopping list based on the number of servings you/your family needs. The Menu Planner's Grocery list button can build it for you.

PROTEIN

PRODUCE

DAIRY, EGGS & PANTRY

BACKUP MEALS

2-3 quick meals you can make from what is already in the house when the plan falls apart. Keep the ingredients on hand.

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