

Live Life Well Your 7 day Meal Planner

Daily targets





Shopping List	Monday	Exchanges	Calories	Tuesday	Exchanges Cal	lories	Wednesday	Exchanges	Calories	
	Breakfast	Breakfast			Breakfast			Breakfast		
	—									
	—									
	_									
	Lunch	Lunch			Lunch			Lunch		
	—									
	—									
	Dinner			Dinner			Dinner			
	Snacks			Snacks			Snacks			
	—									
	_									
	Protein Substitut	es		Protein Substitutes	;		Protein Substitutes			
	—									
	—									
	Total for today			Total for today			Total for today			
	— Water Intake			Water Intake			Water Intake			
	water intake			water intake			Water Intake			
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Thursday	Exchanges	Calories	Friday	Exchanges	Calories	Saturday	Exchanges	Calories	Sunday	Exchanges	Calories
Breakfast			Breakfast			Breakfast			Breakfast		
Lunch			Lunch			Lunch			Lunch		
Dinner	inner Dinner			Dinner			Dinner				
Snacks	:		Snacks			Snacks			Snacks		
Destric Cubetitutes			Destais Cubatitutes			Dantaia Cubatitutaa			Bastaia Gulastitus		
Protein Substitutes		Protein Substitutes	5		Protein Substitutes			Protein Substitut	es		
Total for today			Total for today Inta	ke		Total for today			Total for today		
Total for today			Total for coody into	RC		Total for coody			Totaliaita		
Water Intake Water Intake			Water Intake			Water Intake			Water Intake		

^{*} Keep track of your weight no more than once weekly; weigh at the same time of day in similar clothing.