

Super Chica Fitness Weekly Meal Planner

Date: / / Clean Eating Plan

Monday

Breakfast	Lunch	Dinner	Grocery List	
Morning Snack	Afternoon Snack	Evening Snack		

Tuesday

Breakfast	Lunch	Dinner		
Morning Snack	Afternoon Snack	Evening Snack		

Wednesday

Breakfast	Lunch	Dinner		
Morning Snack	Afternoon Snack	Evening Snack		

Thursday

Breakfast	Lunch	Dinner		
Morning Snack	Afternoon Snack	Evening Snack		

Friday

Breakfast	Lunch	Dinner		
Morning Snack	Afternoon Snack	Evening Snack		

Saturday

Breakfast	Lunch	Dinner	Notes	
Morning Snack	Afternoon Snack	Evening Snack		

Sunday

Breakfast	Lunch	Dinner		
Morning Snack	Afternoon Snack	Evening Snack		

