Metabolic Medical Centers

"A Doctor's Way to a Healthier You"

WEEKLY MEAL PLANNING WORKSHEET

Day of the Week

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Daily Water	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**