

WEEKLY MEAL PLAN



Check out our new menu items at POWERPLATEMEALS.COM

SUNDAY: MONDAY: TUESDAY: WEDNESDAY: THURSDAY: FRIDAY: SATURDAY:

Handwriting lines for each day of the week, organized into seven horizontal green bands. Each band contains four horizontal lines for notes.

WEEKLY GOALS

Three horizontal lines for writing weekly goals.

FITNESS TRACKER

Five horizontal green lines for tracking fitness activities.

WATER INTAKE



FAST • FRESH • FULL OF FLAVOR