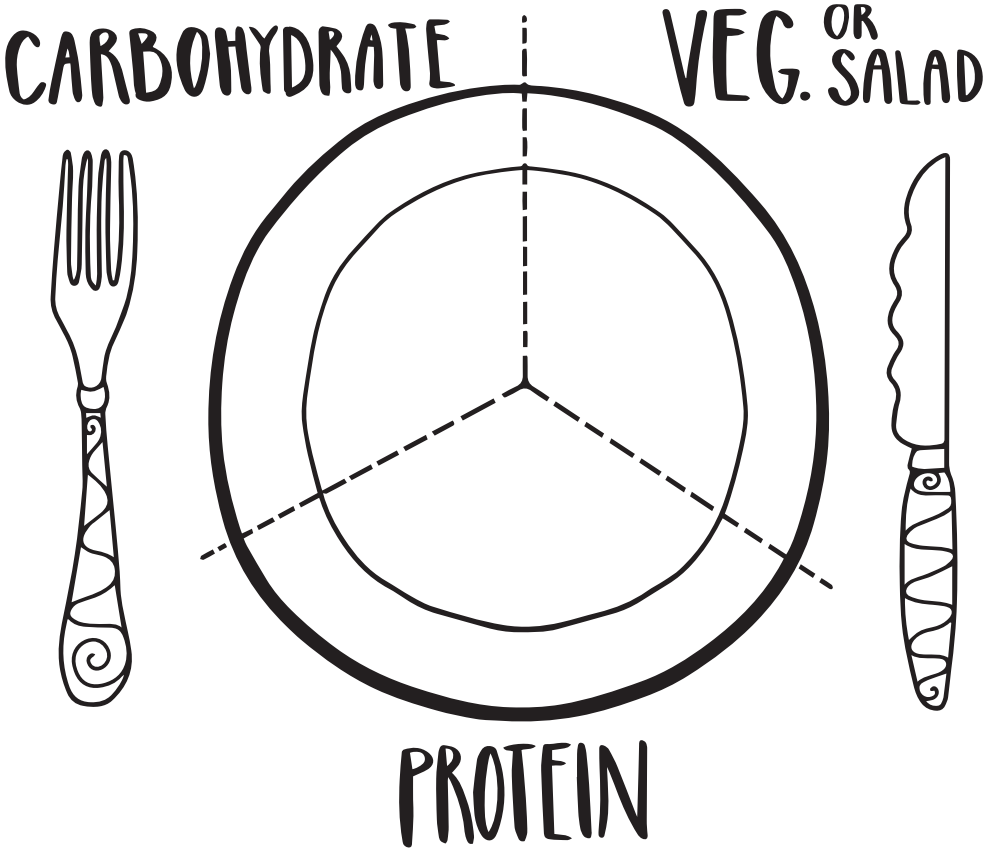
MEAL PLANNER

Meal Number:

MEAL:

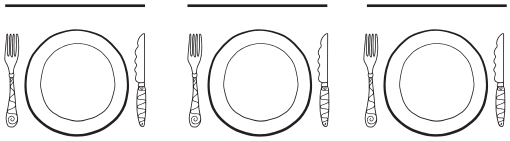


RECIPE:

METHOD:

NOTES:

MEAL PLANNER

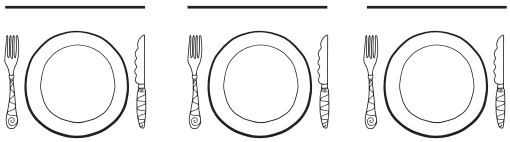


CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.

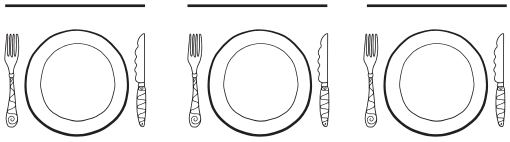


CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.

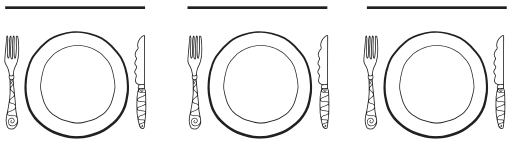


CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.



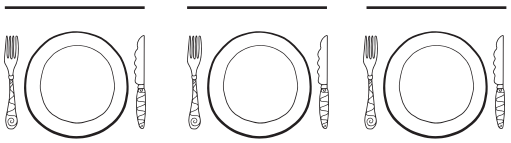
CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.

NOTES:

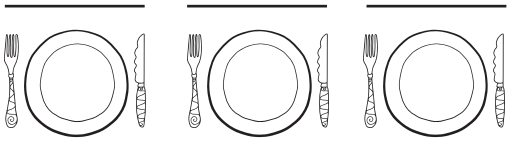


CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.

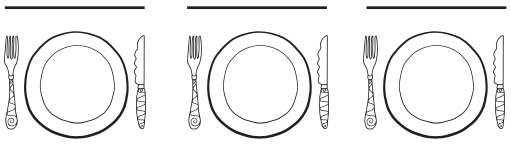


CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.

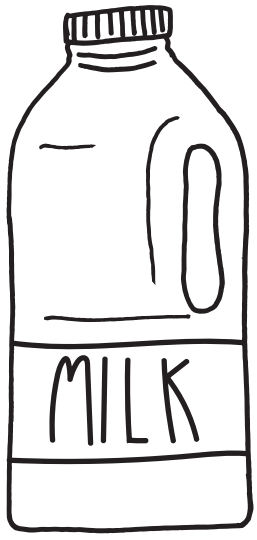
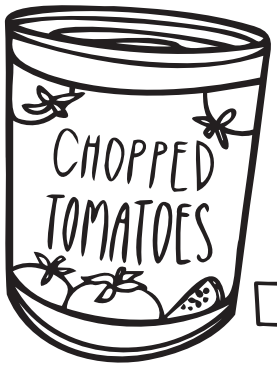
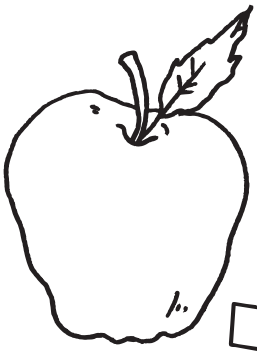
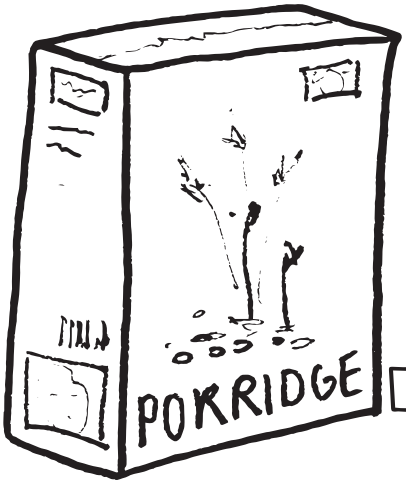
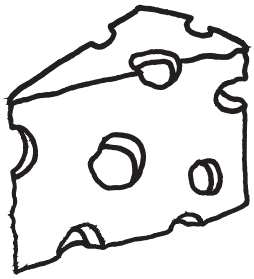
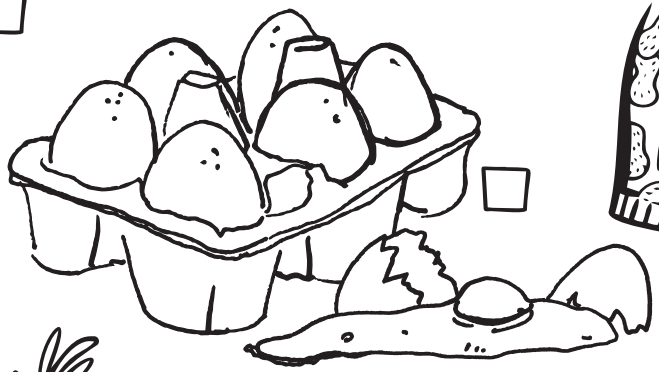
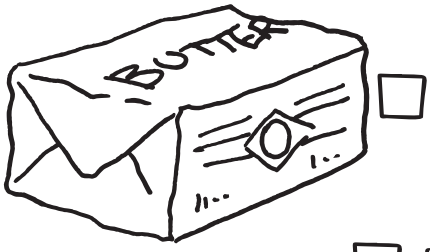
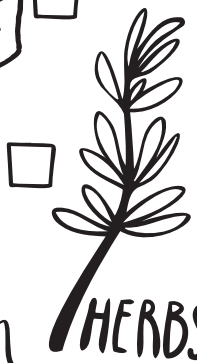
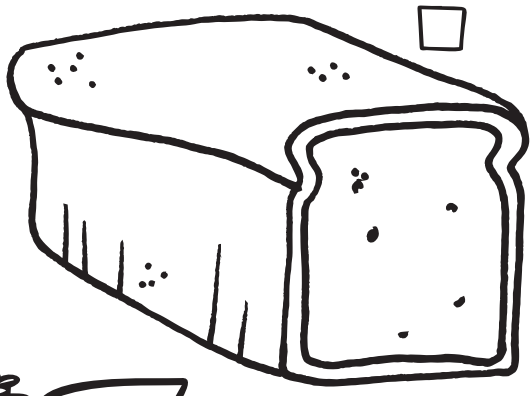


CARBOHYDRATE _____

PROTEIN _____

VEG. OR SALAD _____

250mls.

Shopping LIST

Shopping List