

# My Dream Weight

by Stacia Pierce



Planning my meals help me to stay on track with my health goals. I'm never caught off guard by hunger because I always have the right snacks and meal choices available. Take one week, just seven days and plan each meal. Chose healthy and delicious items that will satisfy you. Go grocery shopping based on your meal plan.

## Meal Planning Sheet

**MONDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_

**TUESDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_

**WEDNESDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_

**THURSDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_

**FRIDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_

**SATURDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_

**SUNDAY**

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_