

# Weekly Menu Plan

Week of: \_\_\_\_\_

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Notes</i>
<i>Mon</i>				
<i>Tues</i>				
<i>Wed</i>				
<i>Thur</i>				
<i>Fri</i>				
<i>Sat</i>				
<i>Sun</i>				

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\*Disclaimer: This program is not intended to diagnose, treat, prevent or cure any illness or disease. The information provided in this program is for general educational purposes, has not been reviewed nor approved by the FDA and is not intended to take the place of advice from your medical professional, licensed dietitian or nutritionist. You are solely responsible for your health care and activity choices. Participation in this challenge does not constitute a client-coach relationship.

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*Look at your upcoming week and see how you can plan for success.*

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