



Weekly Meal Planner

Dates: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

© 2005 Cheryl Miller, Life Coach and Wellness Expert. All rights reserved. Join the **Healthy Fast Food Kitchen Club** to get the monthly newsletter and other free club benefits: www.cherylmillerville.com/join.htm. As a bonus you also get the **21-Day "No Junk Food Snacks" Challenge** ecourse. Tell your snacking friends to drop their Ding Dongs and join the Challenge with you: www.cherylmillerville.com/hffk/21snacks/join.htm