

# DIGMAN FITNESS

RESTORE YOUR BODY. REVITALIZE YOUR LIFE.

## Meal Plan Makeover Work Sheet

**Step One- Write down your meals**

**Step Two- Shop for those foods only**

**Step Three- Follow through and repeat!**

### **Monday:**

Breakfast-

Lunch-

Dinner-

Snack-

Snack-

Snack-

Water-

### **Tuesday:**

Breakfast-

Lunch-

Dinner-

Snack-

Snack-

Snack-

Water-

### **Wednesday:**

Breakfast-

Lunch-

Dinner-

Snack-

Snack-

Snack-

Water-

### **Thursday:**

Breakfast-

Lunch-

Dinner-

Snack-

Snack-

Snack-

### **Friday:**

Breakfast-

Lunch-

Dinner-

Snack-

Snack-

Snack-