

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-