

Meal Planner

Type the week's starting date in cell E3. The rest of the dates will be filled in for you.

Meal plan for the week beginning: 8/6/2000

Sunday August 06	Monday August 07	Tuesday August 08	Wednesday August 09	Thursday August 10	Friday August 11	Saturday August 12
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:	Fat grams:
Calories: Fat grams: % calories from fat:	Calories: Fat grams: % calories from fat:	Calories: Fat grams: % calories from fat:	Calories: Fat grams: % calories from fat:	Calories: Fat grams: % calories from fat:	Calories: Fat grams: % calories from fat:	Calories: Fat grams: % calories from fat:
Weekly total					Calories:	
					Fat grams:	
					% calories from fat:	