

# TFO MEAL PLANNER - WEEK OF

Monday		Saturday		Mon	
Breakfast		Breakfast		Protein	
Lunch		Lunch		Carb	
Dinner		Dinner		Fat	
Side 1		Side 1		Approx Calories	
Side 2		Side 2		Tue	
Side 3		Side 3		Protein	
Tuesday		Sunday		Carb	
Breakfast		Breakfast		Fat	
Lunch		Lunch		Approx Calories	
Dinner		Dinner		Wed	
Side 1		Side 1		Protein	
Side 2		Side 2		Carb	
Side 3		Side 3		Fat	
Wednesday		Groceries		Approx Calories	
Breakfast		<input type="checkbox"/>		Thu	
Lunch		<input type="checkbox"/>		Protein	
Dinner		<input type="checkbox"/>		Carb	
Side 1		<input type="checkbox"/>		Fat	
Side 2		<input type="checkbox"/>		Approx Calories	
Side 3		<input type="checkbox"/>		Fri	
Thursday		<input type="checkbox"/>		Protein	
Breakfast		<input type="checkbox"/>		Carb	
Lunch		<input type="checkbox"/>		Fat	
Dinner		<input type="checkbox"/>		Approx Calories	
Side 1		<input type="checkbox"/>		Sat	
Side 2		<input type="checkbox"/>		Protein	
Side 3		<input type="checkbox"/>		Carb	
Friday		<input type="checkbox"/>		Fat	
Breakfast		<input type="checkbox"/>		Approx Calories	
Lunch		<input type="checkbox"/>		Sun	
Dinner		<input type="checkbox"/>		Protein	
Side 1		<input type="checkbox"/>		Carb	
Side 2		<input type="checkbox"/>		Fat	
Side 3				Approx Calories	