

Name:

Week of:

Weekly Meal Log

	Breakfast	Brunch	Lunch	Afternoon meal	Dinner	Bedtime meal
Monday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:
Tuesday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:
Wednesday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:
Thursday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:
Friday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:
Saturday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:
Sunday	P:	P:	P:	P:	P:	P:
	C:	C:	C:	C:	C:	C:
	V:	V:	V:	V:	V:	V:
	Water:	Water:	Water:	Water:	Water:	Water:

Notes:

- P = Protein
- C = Carb (5 meals/day)
- V = Veggie (3 meals/day)