Meal Planner templates

These templates have been designed by Melissa from Melz Journey for you to use to help you on your journey to a happier healthier life.

These templates are designed to be printed and used to plan a weeks worth of meals.

One good way to use these plan is to print out and laminate the page and use a whiteboard marker to write onto the laminated meal plan this way it can be used again and again.

Each template comes in a colour version as well as a black & white version so you can decided which one you would like to use.

If you have any questions or problems please feel free to get in touch with me via email melz_journey@yahoo.com OR on facebook

MELZ JOURNEY

Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

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Created by Melissa from Melz Journey Website: www.melzjourney.com Facebook: melz journey Instagram: melz_Journey

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