## Trim Healthy Mama Meal Plan

Week of:	

× × × ×	<u>Sunday</u>	Monday	<u>Tuçsday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Breakfast							
× × × ×							
Lunch							
× × ×							
PM Snack							
Dinner/							
Dessert							
× × × ×							
× × ×							