

# Weekly Protein Plan

Fill out this plan with different proteins you can eat in each meal.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Breakfast

Lunch

Snack

Dinner

|           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast |        |         |           |          |        |          |        |
| Lunch     |        |         |           |          |        |          |        |
| Snack     |        |         |           |          |        |          |        |
| Dinner    |        |         |           |          |        |          |        |

