



For all instructions on how to use this Meal Plan Template and FAQs, click [here](#)!

Master Template:

Recipe number 1 = A

Recipe number 2 = B

Recipe number 3 = C

Day 1:

- Lunch: A
- Dinner: B

Day 2:

- Lunch: C
- Dinner: A

Day 3:

- Lunch: B
- Dinner: C

Day 4:

- Lunch: A
- Dinner: B

Day 5:

- Lunch: C
- Dinner: A

Day 6:

- Lunch: B
- Dinner: C

Day 7:

- Lunch: Open Meal
- Dinner: Open Meal

Weekly Template:

Recipe number 1 = A: _____

Recipe number 2 = B: _____

Recipe number 3 = C: _____

Day 1:

- Lunch:
- Dinner:

Day 2:

- Lunch:
- Dinner:

Day 3:

- Lunch:
- Dinner:

Day 4:

- Lunch:
- Dinner:

Day 5:

- Lunch:
- Dinner:

Day 6:

- Lunch:
- Dinner:

Day 7:

- Lunch:
- Dinner: