

WEIGHT★NO★MORESM DIET CENTER - Weekly Menu Planner © 2024 Weight★No★MoreSM Diet Center, LLC

Date: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

③	B	B	B	B	B	B	B
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⑤	S	S	S	S	S	S	S
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④	L	L	L	L	L	L	L
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⑥	S	S	S	S	S	S	S
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⑦	S	S	S	S	S	S	S
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①	D	D	D	D	D	D	D
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②	S	S	S	S	S	S	S
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P	M	P	M	P	M	P	M	P	M	P	M
V	G	V	G	V	G	V	G	V	G	V	G
FR	FT	FR	FT	FR	FT	FR	FT	FR	FT	FR	FT

Mind your P's: PLAN ahead. • PREPARE ahead. • PORTION control. • PACK night before. • PACE yourself all day.