

WEIGHT★NO★MORESM DIET CENTER - Weekly Menu Planner © 2025 Weight★No★MoreSM Diet Center, LLC

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
③	B	B	B	B	B	B	B
⑤	S	S	S	S	S	S	S
④	L	L	L	L	L	L	L
⑥	S	S	S	S	S	S	S
⑦	S	S	S	S	S	S	S
①	D	D	D	D	D	D	D
②	S	S	S	S	S	S	S
	P V FR M G FT	P V FR M G FT	P V FR M G FT	P V FR M G FT	P V FR M G FT	P V FR M G FT	P V FR M G FT

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