

MONDAY

Breakfast:

Lunch:

Snacks:

Dinner:

TUESDAY

Breakfast:

Lunch:

Snacks:

Dinner:

WEDNESDAY

Breakfast:

Lunch:

Snacks:

Dinner:

THURSDAY

Breakfast:

Lunch:

Snacks:

Dinner:

FRIDAY

Breakfast:

Lunch:

Snacks:

Dinner:

SATURDAY

Breakfast:

Lunch:

Snacks:

Dinner:

SUNDAY

Breakfast:

Lunch:

Snacks:

Dinner:

Week One

RACHNA COOKS MEAL
PLAN
