



MY GOAL

WRITE WEEKLY MEAL PLANS

Use our templates and resources to make your meal planning simple.

RESOURCES: Download the BIG Life [meal plan template](#). Sample [weekly plan with recipes](#).

SUGGESTED GOAL PAIRINGS: (Choose one) Whole Thirty - 21 Day Daniel Plan - Keto Lifestyle

PROGRESS: Print 4 sheets and plan each week, shop, and follow your plan for 1 full month. Plan well, but allow for flexibility.

	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wed				
Thursday				
Friday				
Saturday				
Sunday				