|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Meal & Workout Planner 🏋️** | | | | | |  |
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|
| **📓WEEKLY GOALS / NOTES** | | | | | |
|  | | | | | |
| MON | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |
| TUE | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |
| WED | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |
| THU | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |
| FRI | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |
| SAT | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |
| SUN | MEAL | PROTEIN (g) | EXERCISE |  | CARDIO |
| **BREAKFAST** |  |  |  |  |
| **LUNCH** |  |  |  |  |
| **DINNER** |  |  |  |  |