

This Week's

hcgchicarecipes.com

MEAL PLAN

**500
CALS**

Groceries/Notes

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
OTHER		
TOTAL:		

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
OTHER		
TOTAL:		

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
LUNCH		
SNACK		
DINNER		
OTHER		
TOTAL:		

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**800
CALs**

Groceries

DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

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DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

DAY:	Meal	Cals
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
TOTAL:		

Notes