

Meal Chart – Place a “✓” in each square for a meal that’s on-point. Place a “✗” in each square for a splurge meal.



- Looking to get leaner and/or lose weight? Have three-four ✗’s each week.
- Looking to maintain and have a more relaxed approach? Have up to six ✗’s each week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							

**Remember, this chart is simply meant to be another layer of accountability. If this ever feels restrictive or discouraging, stop charting immediately.*