


TRIM HEALTHY MAMA MENU PLAN FOR WEEK OF \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SNACK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DINNER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DESSERT:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PREP NOTES:							

- REMEMBERS: S: MORE THAN 5 GRAMS FAT ; LESS THAN 10 GRAMS CARBS, DON'T FORGET THE PROTEIN!  
 E: LESS THAN 5 GRAMS FAT; BETWEEN 10-45 GRAMS CARBS, DON'T FORGET TO USE LEAN PROTEIN!  
 FP: 5 GRAMS OR LESS OF FAT; 10 GRAMS OR LESS OF CARBS; DON'T FORGET THE LEAN PROTEIN!