Meal Plan for the Month:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Main Course | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Cheat Day |
| Morning |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Protein Plan | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | Cheat Day |
|  |  |  |  |  |  |  |  |