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 |
|  |  |  |  |  |  |  |  |