



Weekly Meal Planner

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
Breakfast	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT
Snack							
Lunch	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT	PRO CHO F/V FAT
Snack							

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
Dinner	PRO	PRO	PRO	PRO	PRO	PRO	PRO
	CHO	CHO	CHO	CHO	CHO	CHO	CHO
	F/V	F/V	F/V	F/V	F/V	F/V	F/V
	FAT	FAT	FAT	FAT	FAT	FAT	FAT
Snack							

The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. GemCare Wellness (GCW) does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned here within. Reliance on any information provided by GCW, GCW employees, contracted writers, or medical professionals presenting content for publication here within is solely at your own risk.

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