



Petal & Paper

YOUR FREE PRINTABLE

Low-calorie meal plan



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low-cal meal plan

Daily targets

Calorie target: ____kcal Protein target: ____g
Breakfast: ~300–400kcal
Lunch: ~400–500kcal
Dinner: ~400–500kcal
Snacks: ~100–200kcal

Monday to Thursday

Mon: B: _____ L: _____ D: _____
Cal: ____
Tue: B: _____ L: _____ D: _____
Cal: ____
Wed: B: _____ L: _____ D: _____
Cal: ____
Thu: B: _____ L: _____ D: _____
Cal: ____

Friday to Sunday

Fri: B: _____ L: _____ D: _____
Cal: ____
Sat: B: _____ L: _____ D: _____
Cal: ____
Sun: B: _____ L: _____ D: _____
Cal: ____
Weekly average: ____kcal Under/over target: _____

Shopping list

Protein: _____
Vegetables: _____
Fruit: _____
Dairy and eggs: _____
Staples needed: _____