



Petal & Paper

YOUR FREE PRINTABLE

Weight loss meal plan



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THIS WEEK'S PLAN

weight loss meal plan

Daily calorie target: ____

Breakfast target: ____kcal
Lunch target: ____kcal
Dinner target: ____kcal
Snacks target: ____kcal
Total: ____kcal

Monday to Wednesday

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

Thursday to Sunday

Thu: B: _____ L: _____ D: _____
_____ Cal: ____
Fri: B: _____ L: _____ D: _____
_____ Cal: ____
Sat: B: _____ L: _____ D: _____
_____ Cal: ____
Sun: B: _____ L: _____ D: _____
_____ Cal: ____

Shopping list and prep

Protein to buy: _____
Veg and fruit: _____
Prep Sunday: _____
Weekly calorie average: ____