

Week of >>> _____

TRY ONE NEW RECIPE IN YOUR MEAL/SNACK ROTATION THIS WEEK!

FIRST
FRUIT
FITNESS

• Submitted Heart •

POWER VERSE OF THE WEEK

• Sound Mind •

FOOD PREP DAY: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

• Strong Body •

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>