

# **SUNDAY**

Breakfast:

Lunch:

Dinner:

# **TUESDAY**

Breakfast:

Lunch:

Dinner:

# **THURSDAY**

Breakfast:

Lunch:

Dinner:

# **SATURDAY**

Breakfast:

Lunch:

Dinner:

# **MONDAY**

Breakfast:

Lunch:

Dinner:

# **WEDNESDAY**

Breakfast:

Lunch:

Dinner:

# **FRIDAY**

Breakfast:

Lunch:

Dinner:

**THREE60FIT**  
**WEEKLY**  
**MEAL PLAN**

**THREE**  
**60fit**