

HEALTHIER SAPIENS Weekly Meal Planner

WEEK COMMENCING:

BREAKFAST	SNACKS
MONDAY:	•
TUESDAY:	•
WEDNESDAY:	•
THURSDAY:	•
FRIDAY:	•
SATURDAY:	•
SUNDAY:	•

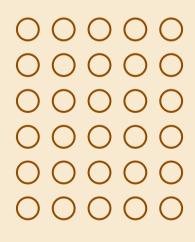
## LUNCH

MONDAY:	
TUESDAY:	
WEDNESDAY:	
THURSDAY:	
FRIDAY:	
SATURDAY:	
SUNDAY:	

## DINNER

MONDAY:	
TUESDAY:	
WEDNESDAY:	
THURSDAY:	
FRIDAY:	
SATURDAY:	
SUNDAY:	

## 30 PLANT FOOD CHALLENGE



NOTES:		