



ACTIVE CARE  
CHIROPRACTIC CLINIC  
*Fitness Health and Function at its Finest*

# Weekly Meal Plan

Begin ASAP - IT'S YOUR BODY! -

|           | Breakfast | Snack 1 | Lunch | Snack 2 | Dinner | Snack 3 |
|-----------|-----------|---------|-------|---------|--------|---------|
| Sunday    |           |         |       |         |        |         |
| Monday    |           |         |       |         |        |         |
| Tuesday   |           |         |       |         |        |         |
| Wednesday |           |         |       |         |        |         |
| Thursday  |           |         |       |         |        |         |
| Friday    |           |         |       |         |        |         |
| Saturday  |           |         |       |         |        |         |