

Biggest Loser "2" Weekly Meal Planner

Week # _____

| | Breakfast | Snack | Lunch | Snack | Dinner | Water Intake | Calories |
|-----------|-----------|-------|-------|-------|--------|--------------|----------|
| Sunday | | | | | | | |
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Saturday | | | | | | | |