



HealthyBodyHealthyLife
with *Melissa Koerner*

Meal Planner



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Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



Total Transformation Meal Planner

Week of: _____

Review the Total Transformation Sample Meal Plan and Recipes and write down three to four go-to breakfast, lunch, dinner and snacks for the week. Once you plan out your meals for the week, use the Grocery Shopping List template to make your grocery list for the week.

Breakfasts

1.
2.
3.
4.

Lunches

1.
2.
3.
4.

Dinners

1.
2.
3.
4.

Snacks

1.
2.
3.
4.