



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Meal Planner



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HealthyBodyHealthyLife.com

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.



21-Day Detox Meal Planner

Week of: _____

Review the 21-Day Detox Recipes and Sample Meal Plans and write down three to four go-to breakfast and lunch smoothies, dinners and snacks for the week.

Breakfast & Lunch Smoothies

| |
|----|
| 1. |
| 2. |
| 3. |
| 4. |

Dinners

| |
|----|
| 1. |
| 2. |
| 3. |
| 4. |

Snacks

| |
|----|
| 1. |
| 2. |
| 3. |
| 4. |