



# Your Daniel Fast Weekly Meal Planning Sheet

**Monday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Saturday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Tuesday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Sunday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Wednesday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Shopping List**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Thursday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Friday** Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

Side \_\_\_\_\_

**Notes/Reminders:**