



FOOD VIBES

WEEKLY
MEAL PLAN

MONDAY

FEED YOUR SOUL

BREAKFAST

LUNCH

DINNER

TUESDAY

LOVE YOUR BODY

BREAKFAST

LUNCH

DINNER

WEDNESDAY

DRINK WATER

BREAKFAST

LUNCH

DINNER

THURSDAY

YOU GOT THIS

BREAKFAST

LUNCH

DINNER

FRIDAY

BADDIE VIBES

BREAKFAST

LUNCH

DINNER