
























































MEAL PLANNER

WEEK OF: / /

| | BREAKFAST | LUNCH | DINNER | SNACKS | WATER |
|-------|-----------|-------|--------|--------|--|
| MON | | | | |         |
| TUES | | | | |         |
| WED | | | | |         |
| THURS | | | | |         |
| FRI | | | | |         |
| SAT | | | | |         |
| SUN | | | | |         |



WELLNESS

University of Florida & UF Health