

WEEKLY MEAL PLAN

created by Emily Field RD for Macros Made Easy Course

WEEK _____

MACRO SETS _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MACRO
CHECKPOINTS:

C _____ P _____
F _____

MACRO
CHECKPOINTS:

MACRO
CHECKPOINTS:

MACRO
CHECKPOINTS:

MACRO
CHECKPOINTS:

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MACRO
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NOTES: