



# Mediterranean Diet Weekly Meal Plan Template

Plan healthy meals for the week

17 Week of: \_\_\_\_\_

Serving: \_\_\_\_\_ people

## Weekly Menu

Mon      Tue      Wed      Thu      Fri      Sat      Sun

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							

## Grocery List

## Meal Prep Tasks

- |                                |                                |
|--------------------------------|--------------------------------|
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## Notes