



TheKitchenShed Clean Eating Meal Plan Template	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b> 7.30am							
<b>Snack</b> 10am							
<b>Lunch</b> 12.30pm							
<b>Snack</b> 3pm							
<b>Dinner</b> 5.30pm							
<b>Snack/Dessert - optional by 7pm</b>							