Meal Prep Schedule

Jarrell Weight Management Specialists

|  | Breakfast | Lunch | Snack | Dinner | Totals |
| --- | --- | --- | --- | --- | --- |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

Grocery List: