

WEEKLY PLANNER

Plan your weekly meals and exercise. Fill it out and check it off daily if you've successfully stuck to the plan. For example, if you have only planned 3 meals, cross out the rest.

3 main guidelines I stick to:

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

TEN-HOUR
BREAKFAST

LUNCH

SNACK

DINNER

OTHER

LIQUIDS

MOVEMENT

anna | the binge specialist