



a black girl's guide to...
WEIGHT LOSS

culturally sound tools, tips, and advice
www.blackgirlsguidetoweightloss.com

WEEKLY MEAL PLANNER

Use the chart below to plan out your meals and snacks to help you eat clean! For each day, plan out what you'll have for breakfast, lunch, dinner and for two snack breaks. Be sure to spread your meals out far enough that you don't need to eat in the middle of the night, but don't have

them so far apart that you wind up hungry - that negates the point of eating 5 times a day! Mapping out your meals will help you in preparing for each day's meals, as well as shopping for groceries for the week. Best of luck to you in your quest to live healthily and eat clean!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							