
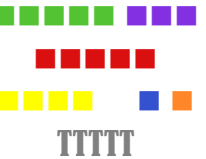
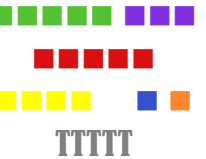


WEEK OF: \_\_\_\_\_

# 21 Day Fix and Extreme Weekly Meal Planner

[www.robinbonswor.com](http://www.robinbonswor.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Containers 1,800-2,099	 TTTTT	 TTTTT	 TTTTT	 TTTTT	 TTTTT	 TTTTT	 TTTTT
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							