

# WEEKLY MEAL PLAN

MERCEDEZCALLEROS.COM

| MINDFUL HABITS

**MON**

AM  
NN  
PM

**TUES**

AM  
NN  
PM

**WED**

AM  
NN  
PM

**THU**

AM  
NN  
PM

**FRI**

AM  
NN  
PM

**SAT**

AM  
NN  
PM

**SUN**

AM  
NN  
PM

**THINGS TO BUY**

**NOTES:**