

# Your Weekly Alkaline Diet Plan

Your full name:

Age:

Your current weight:

Your height:

Medical History:

Goals of this diet plan:

## MONDAY MEAL PLAN

| Breakfast | Mid-morning<br>Snack | Lunch | Afternoon<br>Snack | Dinner |
|-----------|----------------------|-------|--------------------|--------|
|           |                      |       |                    |        |

## TUESDAY MEAL PLAN

| Breakfast | Mid-morning Snack | Lunch | Afternoon Snack | Dinner |
|-----------|-------------------|-------|-----------------|--------|
|           |                   |       |                 |        |

## WEDNESDAY MEAL PLAN

| Breakfast | Mid-morning Snack | Lunch | Afternoon Snack | Dinner |
|-----------|-------------------|-------|-----------------|--------|
|           |                   |       |                 |        |

## THURSDAY MEAL PLAN

| Breakfast | Mid-morning Snack | Lunch | Afternoon Snack | Dinner |
|-----------|-------------------|-------|-----------------|--------|
|           |                   |       |                 |        |

**FRIDAY MEAL PLAN**

| <b>Breakfast</b> | <b>Mid-morning<br/>Snack</b> | <b>Lunch</b> | <b>Afternoon<br/>Snack</b> | <b>Dinner</b> |
|------------------|------------------------------|--------------|----------------------------|---------------|
|                  |                              |              |                            |               |

**SATURDAY MEAL PLAN**

| <b>Breakfast</b> | <b>Mid-morning<br/>Snack</b> | <b>Lunch</b> | <b>Afternoon<br/>Snack</b> | <b>Dinner</b> |
|------------------|------------------------------|--------------|----------------------------|---------------|
|                  |                              |              |                            |               |

**SUNDAY MEAL PLAN**

| <b>Breakfast</b> | <b>Mid-morning<br/>Snack</b> | <b>Lunch</b> | <b>Afternoon<br/>Snack</b> | <b>Dinner</b> |
|------------------|------------------------------|--------------|----------------------------|---------------|
|                  |                              |              |                            |               |

**NOTES:**