

# 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 Snack	Lunch	Afternoon 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 Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>	<b>Dinner</b>

**SATURDAY MEAL PLAN**

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

**SUNDAY MEAL PLAN**

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

**NOTES:**