

# 30 Day Meal Plan for Weight Loss

Patient name: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

## Medical history

## Meal plan for 30 days

| Week 1    |       |       |       |       |       |       |       |
|-----------|-------|-------|-------|-------|-------|-------|-------|
| Meal      | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Breakfast |       |       |       |       |       |       |       |
| Lunch     |       |       |       |       |       |       |       |
| Dinner    |       |       |       |       |       |       |       |
| Snack     |       |       |       |       |       |       |       |

## Grocery list for the week

# Act Practice Weight Loss Plan Today

**A Gutmann**



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