

Your Weekly Tom Brady 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	Snacks	Dinner	Dessert

TUESDAY MEAL PLAN

Breakfast	Mid-morning Snack	Lunch	Snacks	Dinner	Dessert

WEDNESDAY MEAL PLAN

Breakfast	Mid-morning Snack	Lunch	Snacks	Dinner	Dessert

THURSDAY MEAL PLAN

Breakfast	Mid-morning Snack	Lunch	Snacks	Dinner	Dessert

FRIDAY MEAL PLAN

Breakfast	Mid-morning Snack	Lunch	Snacks	Dinner	Dessert

SATURDAY MEAL PLAN

Breakfast	Mid-morning Snack	Lunch	Snacks	Dinner	Dessert

SUNDAY MEAL PLAN

Breakfast	Mid-morning Snack	Lunch	Snacks	Dinner	Dessert

NOTES: