

# 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:**