



# PRE-LOG PLANNER

Week:

<b>Container Totals:</b>	Green	Purple	Red	Yellow	Blue	Orange	Tsp

SUNDAY MEALS	Tally Portion Control Containers						
<b>Today's Workout:</b>	Green	Purple	Red	Yellow	Blue	Orange	Tsp
BREAKFAST							
LUNCH							
DINNER							
SNK							
SNK							
SNK							
<b>TOTALS</b>							
<b>WATER</b>							

MONDAY MEALS	Tally Portion Control Containers						
<b>Today's Workout:</b>	Green	Purple	Red	Yellow	Blue	Orange	Tsp
BREAKFAST							
LUNCH							
DINNER							
SNK							
SNK							
SNK							
<b>TOTALS</b>							
<b>WATER</b>							

TUESDAY MEALS	Tally Portion Control Containers						
<b>Today's Workout:</b>	Green	Purple	Red	Yellow	Blue	Orange	Tsp
BREAKFAST							
LUNCH							
DINNER							
SNK							
SNK							
SNK							
<b>TOTALS</b>							
<b>WATER</b>							

Fill in Calorie Target from Eating Plan and corresponding Container Totals at the top of each page.

Use these sheets to pre-plan your meals and tally your containers!

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