

WEEKLY PLANNER

DAY	Content type	Post idea	Time	Platform	Visual type	Status	Hashtag	Call to action
Saturday	Customer story	How our meals help customers to lose weight	3:00 PM	Facebook instagram TikTok	Testimonial post	Scheduled	#SuccessStory #HealthyLife	Tag a friend who loves healthy food!
Sunday	recipe	Helthy resipes to try at home	11:00 Am	youtube Instagram reels	Recipe video	Planned	#HealthyRecipe#Homemade	Try this recipe and share your results!
Monday	educational	Benefits of eating healthy food	10:00 Am	Instagram Facebook	Infographic	Planned	#HealthyFood #Organic #NutritionTips	Comment your favorite nutrition tip
Tuesday	Food photography	Delicious high protein food	12:30 Pm	Instagram Facebook	High quality photo	Scheduled	#HealthyEating #FreshFood	Like if you'd love to try this dish!
Wednesday	interactive	Which dish should we add next (poll)	5:00 Pm	Instagram stories	Poll on stories	Pending	#VoteNow #HealthyChoice	Vote in our poll and help us decide!
Thursday	Behind the scenes	Day in our kitchen	7:00 Pm	Youtube shorts TikTok	Short video	planned	#KitchenLife #HealthyCooking	What's your favorite behind-the-scenes moment?
Friday	Promotional	Weekend discount	2:00 Pm	Facebook Instagram	Promotional poster	posted	#HealthyPromo #WeekendOffer	Order now and enjoy our special weekend discount!