

Meal planner



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Lunch	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Dinner	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Snacks	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Daily Nutrition Checklist

- ½ of your food is a variety of fruits and vegetables
- ¼ of your food is carbohydrates (e.g. whole grains, starchy veggies)
- ¼ of your food is protein (e.g. lean meats, legumes, nuts, and seeds)
- Include healthy oils (e.g. olive, avocado) and flavour with herbs and spices

