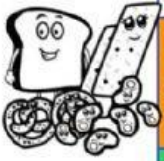


WEEKLY HEALTHY MEAL PLANNER

By: _____



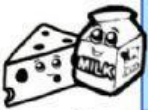
Breakfast
look for whole grains



Snack 1
choose different colors veggies



Lunch
Eat more fruit, make sure juice is 100% fruit



Snack 2
Choose low fat or fat free milk



Dinner
Try some fish and nuts for protein

Move It



#Healthy LIVING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast look for whole grains							
Snack 1 choose different colors veggies							
Lunch Eat more fruit, make sure juice is 100% fruit							
Snack 2 Choose low fat or fat free milk							
Dinner Try some fish and nuts for protein							
Move It							