

# HEALTHY EATING MEAL PLAN

## MONDAY

Breakfast :

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Lunch :

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Dinner :

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## TUESDAY

Breakfast :

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Lunch :

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Dinner :

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## WEDNESDAY

Breakfast :

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Lunch :

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Dinner :

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## THURSDAY

Breakfast :

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Lunch :

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Dinner :

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## FRIDAY

Breakfast :

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Lunch :

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Dinner :

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## SATURDAY

Breakfast :

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Lunch :

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Dinner :

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## SUNDAY

Breakfast :

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Lunch :

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Dinner :

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Snack :

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Day	Calories	Protein	Carbs	Fats	Fiber
Monday	-----	-----	-----	-----	-----
Tuesday	-----	-----	-----	-----	-----
Wednesday	-----	-----	-----	-----	-----
Thursday	-----	-----	-----	-----	-----
Friday	-----	-----	-----	-----	-----
Saturday	-----	-----	-----	-----	-----
Sunday	-----	-----	-----	-----	-----