

Now You Try It!
Chart to Help You Plan Healthy Meals for the Week

| Food for the Week | | | | | | | |
|----------------------------|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| Dates From: _____ to _____ | | | | | | | |
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Morning | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |