

Weekly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Meal Prep							

Nutrition Checklist

Use this checklist to make sure your family's meals are balanced.

Every Meal:

- Fruits & Vegetables
- Whole Grains
- Protein (Seafood, beans, nuts, seeds, soy, eggs, meat, poultry)
- Dairy (or Alternative)

Daily:

- Vitamin C Rich Fruit
- Vitamin A Rich Veggie
- Healthy Fats (Oils, avocados, nuts, seeds)

Weekly:

- Fish & Seafood
- Beans & Legumes