

Health & Wellness Information

Weekly Meal Planner

	Breakfast	Snack	Lunch	Snack	Dinner
EXAMPLE	Granola, fat-free yogurt, banana	Apple with peanut butter	Spinach salad with fat-free dressing	Carrots	Chicken breast, squash, and whole grain roll
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					