

Keep Calm and Plan On Template



- Mark off nights you are out or don't have time to cook. Highlight 2-3 nights you do have time to cook.
- Plan 1-2 breakfasts for the week and make them ahead of time.
- Create a balanced meal for lunch where $\frac{1}{2}$ your plate is vegetables, $\frac{1}{4}$ is protein, $\frac{1}{4}$ is grain along with some healthy fats.
- Plan your dinners and cook extra for dinners and lunches later in the week.

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (~7am) _ servings dairy _ servings grain/starch _ servings fruit _ servings protein _ servings of fats and oils							
Morning Snack (~9:30) _ servings fruit _ servings protein							
Lunch (~12pm) _ servings grain/starch _ servings vegetable _ servings protein _ servings of fats and oils							
Afternoon Snack (~3pm) _ servings vegetable _ servings protein							
Supper (~6 pm) _ servings dairy _ servings grain/starch _ servings vegetable _ servings protein _ servings of fats and oils							