

Healthy Eating Plan

Personal information					
Name:			Age:		
Height:			Weight:		
Goals:					
Week 1					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					
Week 2					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					

Day	Breakfast	Lunch	Dinner	Snack	Notes
3					
4					
5					
6					
7					

Week 3

Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 4					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Sample meal plan	
Meals	Food items (Examples)
Breakfast	Green smoothie (spinach, banana, almond milk)
Lunch	Mixed salad with avocado, cherry tomatoes, and grilled vegetables
Dinner	Zucchini noodles with marinara sauce and roasted chickpeas
Snack	Carrot sticks with hummus
Notes	Feeling more energized

Additional notes

Healthcare professional's information
Name:
License number:
Contact details:
Signature: