

# Healthy Meal Plan

## Week Overview

Days: \_\_\_\_\_

Meals: \_\_\_\_\_

Note: \_\_\_\_\_

## Daily Meal Structure

|                                 |  |
|---------------------------------|--|
| <b>Breakfast</b>                |  |
| <b>Lunch</b>                    |  |
| <b>Dinner</b>                   |  |
| <b>Snacks<br/>(1-2 per day)</b> |  |

## Weekly Meal Structure

|               |  |
|---------------|--|
| <b>Monday</b> |  |
|---------------|--|

|                  |  |
|------------------|--|
| <b>Tuesday</b>   |  |
| <b>Wednesday</b> |  |
| <b>Thursday</b>  |  |
| <b>Friday</b>    |  |
| <b>Saturday</b>  |  |
| <b>Sunday</b>    |  |

**Hydration:**

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**Portion Control:**

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**Moderation:**

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**Physical Activity:**

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