

Mastering Meal Planning

Meal planning can be a great way to ensure that getting healthy meals on the table (or on-the-go) will happen. A registered dietitian nutritionist can help provide recommendations for the amount and frequency of your meals.

Daily Meal Planning

Aim for this much each day:

Servings
of vegetables

Servings
of protein

Servings
of dairy

Servings of
whole grains

Servings
of fruit

Example Meals

Monday	Breakfast: Quaker oats with Greek yogurt and berries	Lunch: Roasted chicken over spinach with cubed roasted sweet potatoes and balsamic dressing	Dinner: Birthday dinner out with friends	Snacks: 2 PB oat energy bites
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Notes

Week Of

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				