


## CREATE YOUR MEAL PLAN

Use this blank meal planner as a template to create your own eating plan. Mix and match the meal suggestions and recipes in this guide, as well as incorporate your own go-to healthy meal and snack options. A printer-friendly version of this food journal is available on [meijer.com/ahealthieryou](http://meijer.com/ahealthieryou).

	SUNDAY	MONDAY	TUESDAY
<b>BREAKFAST</b> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>LUNCH</b> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>DINNER</b> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>SNACK</b> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

WEDNESDAY

THURSDAY








FRIDAY

SATURDAY

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WEEKLY FOOD JOURNAL

	BREAKFAST	LUNCH	SNACKS
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

DINNER	WATER*	EXERCISE
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\*Track each 8-ounce glass of water or calorie-free liquid.

# MEDICATION CHART

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Preparing for Doctor Appointments

GENERAL HEALTH

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