





## CREATE YOUR MEAL PLAN

Use this blank meal planner as a template to mix and match the over 50 recipes in this guide along with other healthy family favorites to create your perfect eating plan. A printer-friendly version of this meal planner is available on [meijer.com/ahealthieryou](https://meijer.com/ahealthieryou).

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

**WEDNESDAY**

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**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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WEEKLY FOOD JOURNAL

	BREAKFAST	LUNCH	SNACKS
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

DINNER	WATER*	EXERCISE
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		

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

# MEDICATION CHART

	S	M	T	W	T	F	S
<b>NAME:</b> ..... <b>DOSE:</b> ..... <b>FREQUENCY:</b> ..... <b>FOR:</b> .....							
<b>NAME:</b> ..... <b>DOSE:</b> ..... <b>FREQUENCY:</b> ..... <b>FOR:</b> .....							
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**Preparing for Doctor Appointments**

**SYMPTOMS**

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**FLARE-UPS**

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**LIFESTYLE CHANGES**

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**MEDICAL MANAGEMENT**

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**MEDICATIONS**

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**OTHER**

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*Printer-friendly versions of these journals are available on [meijer.com/ahealthieryou](http://meijer.com/ahealthieryou).*