





## 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://www.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/> <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/> <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/> <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/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Key to remember: Minimize intake of fat, cholesterol and sodium, and increase dietary fiber.

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEKLY FOOD JOURNAL

	BREAKFAST	LUNCH	SNACKS
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

DINNER	WATER*	EXERCISE
<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/> <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/>

\*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> .....							
<b>NAME:</b> ..... <b>DOSE:</b> ..... <b>FREQUENCY:</b> ..... <b>FOR:</b> .....							
<b>NAME:</b> ..... <b>DOSE:</b> ..... <b>FREQUENCY:</b> ..... <b>FOR:</b> .....							
<b>NAME:</b> ..... <b>DOSE:</b> ..... <b>FREQUENCY:</b> ..... <b>FOR:</b> .....							

## Preparing for Doctor Appointments

### HEART HEALTH MONITORING

---

---

---

---

---

---

---

---

---

---

### COMPLICATIONS

---

---

---

---

---

---

---

---

---

---

### LIFESTYLE CHANGES

---

---

---

---

---

---

---

---

---

---

### MEDICAL MANAGEMENT

---

---

---

---

---

---

---

---

---

---

### MEDICATIONS

---

---

---

---

---

---

---

---

---

---

### OTHER

---

---

---

---

---

---

---

---

---

---