

HEALTHY EATING PLAN .. WEEK BEGINNING _____

- ☺ Sit down and work out where you need to be and when. Your appointments / kids appointments and activities. This way you will know where you will be able to fit in your exercise appointment and whether you will be out and about at a snack / meal time.
- ☺ Schedule your exercise appointments with yourself and stick to them. These are just as important for your health as your other appointments.
- ☺ Plan what meals / snacks you will be having this week. Check websites / recipe books for inspiration if you need. For example, if you know you will be late home in the evening, plan the meal to be either prepped during the day or an easy choice of lean protein and veg or salad.
- ☺ Plan your grocery list around what you have on hand and what you will need for the meals / snacks. If you have everything you need you won't need to panic when it comes time to get dinner going .. or if you are really lucky, have someone else get it started for you! OK, I'm dreaming??
- ☺ Get all your groceries, fruit, veg and meat shop done all at once if you can so that the pantry is stocked and ready to go! There are no excuses for not making a healthy meal / snack choice if you have everything on hand!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise / Workout Appointment							
Breakfast							
Lunch							
Afternoon Activities							
Snacks							
Dinner							