

MY MEAL PLANNER

WEEK OF: _____

Use this handout to jot down meal and snack ideas for the day. Aim to include foods from the Nourishing 4 and foods you enjoy eating. Your meal plan is unique to your needs, lifestyle, and preferences! For meal ideas and free food resources, check out wellness.sfsu.edu/nutrition

MONDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____

TUESDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____

WEDNESDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____

THURSDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____

FRIDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____

SATURDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____

SUNDAY

Meal: _____

Snack: _____

Meal: _____

Snack: _____

Meal: _____

Snack: _____