

WEEKLY MEAL PLAN

	BREAKFAST 	LUNCH 	DINNER 	SNACK 	PHYSICAL ACTIVITY 	NOTES
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

