

Meal Preparation/Meal Planning Guide

-LUNCHES-

Steps	Monday	Tuesday	Wednesday	Thursday	Friday
Pick your food category (salad, soup, sandwich/wrap, smoothie)	Wrap				
Pick your vegetable	Spinach leaves Sliced Tomato				
Pick your fruit &/or dairy	Lite peach yogurt				
Pick your protein	2 slice deli ham 1 slice swiss cheese				
Pick your carb	1 whole wheat wrap				
Seasonings/Sauces	Mustard				
Preparation Method	Combine ingredients for wrap				

Meal Preparation/Meal Planning Guide
-DINNERS-

Steps	Monday	Tuesday	Wednesday	Thursday	Friday
Pick your food category (plate, bowl, casserole, salad)	Plate				
Pick your vegetable	½ plate salad with avocado				
Pick your fruit &/or yogurt (<i>will save for my snack</i>)	Blueberries w/cool whip				
Pick your protein	Black beans w/sprinkle low-fat cheese				
Pick your carb	Rice				
Seasonings/Sauces	Lite balsamic vinaigrette dressing, salsa				
Preparation Method	Open beans & heat Microwave rice				

