



lighten up
Lenoir MEAL PLANNING

DAY	BREAKFAST	LUNCH	DINNER	SNACK	Calories
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Formula for healthy meal planning: Print this page. Write down all your meals for the week. Make some meals leftovers (Bake chicken one night and reuse it for healthy chicken enchiladas), include packable lunch meals or quick lunch items. Make sure to use www.Pinterest.com/lu4l to choose your meals so that you can plan and account for your daily calories. Create your own healthy recipe www.Pinterest.com board, save your favorite recipes so that they are always at your fingertips.