



## 7 DAY MEAL PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
breakfast							
snack							
lunch							
snack							
dinner	Include at least 2 vegetarian dinners per week	Eat healthy fats: serve fish at least twice per week	Think of the plate model when serving food	Be present, eat mindfully and connect with family & friends	Include a minimum of 2 colored vegetables at each dinner meal	Limit beef or pork to no more than once per week	Include poultry on all the other days
snack							

because health should be simple + fun!

[www.iuber.ca](http://www.iuber.ca)