­

MEAL & SOCIAL PLAN

FOR THE WEEK OF: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BREAKFAST:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | **PROTEIN** | **COMPLEX CARB** | **HEALTHY FATS** | **FRUIT** | **VEGETABLES** |
| **EXAMPLE** | HARD BOILED EGG | EZEKIAL TOAST | ALMOND BUTTER | APPLE | (OR FRITATTA) |
| **MONDAY** |   |   |   |   |   |
| **TUESDAY** |   |   |   |   |   |
| **WEDNESDAY** |   |   |   |   |   |
| **THURSDAY** |   |   |   |   |   |
| **FRIDAY** |   |   |   |   |   |
| **SATURDAY** |   |   |   |   |   |
| **SUNDAY** |   |   |   |   |   |

**LUNCH:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | **PROTEIN** | **COMPLEX CARB** | **HEALTHY FATS** | **FRUIT** | **VEGETABLES** |
| **EXAMPLE** | QUINOA SALAD | WHOLE WHEAT MELBA TOAST | COLD-PRESSED OLIVE OIL VINAIGRETTE | PEAR | TOMAOTES, CUCUMBERS, LETTUCE, ETC. |
| **MONDAY** |   |   |   |   |   |
| **TUESDAY** |   |   |   |   |   |
| **WEDNESDAY** |   |   |   |   |   |
| **THURSDAY** |   |   |   |   |   |
| **FRIDAY** |   |   |   |   |   |
| **SATURDAY** |   |   |   |   |   |
| **SUNDAY** |   |   |   |   |   |

**SUPPER:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | **PROTEIN** | **COMPLEX CARB** | **HEALTHY FATS** | **FRUIT** | **VEGETABLES** |
| **EXAMPLE** | BAKED SALMON | BROWN RICE | SALMON | FRUIT SALAD | BAKED ASPARAGUS |
| **MONDAY** |   |   |   |   |   |
| **TUESDAY** |   |   |   |   |   |
| **WEDNESDAY** |   |   |   |   |   |
| **THURSDAY** |   |   |   |   |   |
| **FRIDAY** |   |   |   |   |   |
| **SATURDAY** |   |   |   |   |   |
| **SUNDAY** |   |   |   |   |   |

**SNACK:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | **PROTEIN** | **COMPLEX CARB** | **HEALTHY FATS** | **FRUIT** | **VEGETABLES** |
| **EXAMPLE** | HUMMUS | WHOLE WHEAT PITA | FROM OLICE OIL AND TAHINI | MIXED BERRIES | CARROTS, SUGAR SNAPS, CELERY, ETC. |
| **MONDAY** |   |   |   |   |   |
| **TUESDAY** |   |   |   |   |   |
| **WEDNESDAY** |   |   |   |   |   |
| **THURSDAY** |   |   |   |   |   |
| **FRIDAY** |   |   |   |   |   |
| **SATURDAY** |   |   |   |   |   |
| **SUNDAY** |   |   |   |   |   |

**SOCIAL CALENDAR:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **MORNING** |   |   |   |   |   |   |   |   |
| **AFTERNOON** |   |   |   |   |   |   |   |   |
| **EVENING** |   |   |   |   |   |   |   |   |