

Name \_\_\_\_\_

Date: \_\_\_\_\_

## Five Day Meal Plan

Diet and Nutrition are key elements to a healthy lifestyle. Your assignment is to research and create a healthy meal plan. Your meal plan will last for five days. You will be responsible for planning 3 healthy and realistic meals each day (breakfast, lunch and dinner). Please try to not repeat a meal.

After completing your diet, write a reflection paragraph. The paragraph should include the following: Why does your meal plan reflect and promote a healthy lifestyle? Are the ingredients for you recipes easily accessible? Would you try your own meal plan? Could you stick with it? Did you try making any of the highlighted meals? Any other interesting information...

| <b>Day of the Week</b> | <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> |
|------------------------|------------------|--------------|---------------|
| <b>Monday</b>          |                  |              |               |
| <b>Tuesday</b>         |                  |              |               |
| <b>Wednesday</b>       |                  |              |               |
| <b>Thursday</b>        |                  |              |               |
| <b>Friday</b>          |                  |              |               |