

# WEEKLY MEAL PLAN

	<b>BREAKFAST</b> 	<b>LUNCH</b> 	<b>DINNER</b> 	<b>SNACK</b> 	<b>PHYSICAL ACTIVITY</b> 	<b>NOTES</b>
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THU</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

*Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.*

