

# Weekly Meals Journal

Write in the foods you eat each day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Breakfast</b> look for whole grains</p>							
 <p><b>Snack 1</b> choose different colors veggies</p>							
 <p><b>Lunch</b> Eat more fruit, make sure juice is 100% fruit</p>							
 <p><b>Snack 2</b> Choose low fat or fat free milk</p>							
 <p><b>Dinner</b> Try some fish and nuts for protein</p>							
 <p><b>Move It</b> (60 minutes a day!)</p>	★	★	★	★	★	★	★