

Weekly Meal Plan – Kids/Teens							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up Time: Morning routine/tasks:						<i>Growing bodies need lots of sleep, CDC recommends school age kids need 9-12 h & teens 8-10 h/night</i>	
Breakfast: time Protein: Fiber:							
Lunch: time Protein: Fiber:							
Afterschool Snack: time Protein: Fiber: <i>Afterschool routine/chores:</i>							
Dinner: time <i>Who Cooks? Dishes?</i> Protein: Fiber:							
Any special groceries needed for this day:							
Bed Time:							
Physical Activity: time Type:(stretching/cardio/ Mindfulness/strength) Duration:							
Water Goal __ oz per day Protein Goal __ g per day						<i>Did you start each day with a glass of water? Did you try any new foods?</i>	

Fiber = the best options are veggies (esp. non-starchy ones), fruit and whole grains are also great. High fiber foods have lots of vitamins, they also help you avoid constipation, and eating a wide variety will help with feed the healthy bacteria in you intestinal tract. Fiber will fill you up, stabilize your blood sugar, and it's satisfying to crunch and munch on. Starting each meal with veggies or fruit is always a good plan!

Protein = chicken, turkey, lean beef, eggs, low fat dairy like greek yogurt, beans, hummus, fish, lean deli meat, tofu, lamb, pork, cheese, nuts. Portion size of protein at each meal should be roughly the size of the child's hand. Protein helps you grow and will keep you feeling full.

+ remember to include a serving of healthy fat with each meal: examples include 1 T olive oil, ¼ avocado, 1 oz of nuts, 2 Tbsp dressing or dip

+ Limit added sugar, processed grains, and starches (portion size of starches should be smaller than portion sizes of protein)