

## The 3 P's of Eating Healthy...on a Budget

# HEALTHY MEAL PLANNER WORKSHEET

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### Creating Your Meal Plan

- Start with a protein that you can make in large quantity on Day 1.
- Plan how to stretch that protein into lunch and dinner on Day 2.
- Add your favorite starch (noodles, rice, bread), vegetable, fruit, and dairy items.
- Be creative!

	LUNCH	DINNER
<b>Day 1</b>		Protein:  Starch:  Vegetable:  Fruit:  Dairy:
<b>Day 2</b>	Protein:  Starch:  Vegetable:  Fruit:  Dairy:	Protein:  Starch:  Vegetable:  Fruit:  Dairy:

