Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_

**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).All meals should be balanced and fall within the nutritional daily values. You cannot repeat a meal.

After completing your diet, write a reflection. The reflection 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? What else can you do to supplement your healthy eating?

* Your reflection should be 1 page, double spaced, 12 size text

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| --- | --- | --- | --- |
| **Day of the Week** | **Breakfast** | **Lunch** | **Dinner** |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |