

# Meal Planner

# NHP

*Nutritional Habits Program*

We all face different challenges when it comes to making healthy food choices. Ultimately, the food choices we make affect all areas of our lives.

Good food will make you feel better, perform better and be the best you can be. This tool is in place to give you a template to plan your meals every day of every week.

If you have a plan, you will be more likely to make food choices consistently that will get you closer to achieving your goals.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

portion guide (using the palm of your hand):

protein - one palm  
veggies - one and a half palms  
fruit - half palm  
whole grains - half palm