

Meal Planner For Healthy Living

Name: _____

Date to start: _____

MEAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break-fast (A vital meal!)							
Sack Lunch (if need in place of Dinner)							
Dinner (before 3 pm)							
Supper (Optional, do not eat if aiming to lose weight)							

Additional Comments:

Food Choices - choose one item per category, for optimal health and especially if dealing with allergies or digestive problems. Ensure each meal for the week varies in each of the categories – this is NOT an exhaustive list, just guidelines for ideas:

Starch/Carb's	Calcium source	Vegetables	Fruits	Fats n Protein
Amaranth	Almonds	Artichoke	Apples	Baked Beans
Arrowroot	Amaranath	Asparagus	Apricot	Butter Beans
Carob Powder	Carob Powder	Beets	Bananas	Garbanzo Beans (or chickpeas)
Corn (Cornmeal, Hominy, etc.)	Figs	Broccoli	Berries	Kidney Beans
Barley	Molasses	Brussels sprouts	Cantaloupe	Lentils - all kinds
Buckwheat	Orange Juice - fortified	Cabbage	Cherries	Lima Beans
Brown rice	Oranges	Carrots	Dates	Navy Beans
Kamut	Spinach	Cauliflower	Figs	Pink Beans
Millet	Swiss Chard	Celery	Grapes	Pinto Beans
Oats	Beet greens	Corn	Grapefruit	Romano Beans
Parsnip (starch/veg)	Collards	Cucumber	Lemons	
Popcorn	Kale	Eggplant	Limes	Tofu
Potatoes (starch/veg)	The following count for Fats/Protein as well:	Endive	Mangoes	Gluten products
Quinoa	Soy products - Tofu and soymilk, soy flour	Garlic	Melons	Soy products
Rice	Sesame seeds	Green beans	Nectarines	
Rutabagas (starch/veg)	Almonds	Leeks	Oranges	Almonds
Rye	Enriched products	Lettuce	Papaya	Brazil nuts
Spelt		Mushrooms	Pineapple	Cashew nuts
Tapioca		Onions	Peaches	Chestnut
Turnip		Peas	Pears	Coconut
Wheat		Peppers	Plums	Flax Seed
		Potato	Prunes	Filberts/Hazelnuts
		Pumpkin	Raisins	Macadamia nuts
		Squash	Rutabagas (can be a starch too)	Peanuts
		Sweet Potato	Strawberries	Pecans
		Tomatoes	Tangerine	Pine nuts
		Zucchini	Watermelon	Pistachios
		Peas		Sesame seeds
				Sunflower seeds
				Walnuts, Black
				Walnuts, English
				Avocado
				Olives

(See our Calcium Information Sheet at <http://www.SettePublishing.com> for more info on Calcium needs and benefits.)