

Meal Plan Worksheet

Circle or write in days that apply: Weekdays Weekends These days: _____

1) Write in usual activities (work, exercise, gardening, classes). 2) Choose a combination of 3-5 meals/snacks that create the pattern you think will work for you. 3) Assign actual, usual, or desired times to eating and activities. Try your plan, and 4) adjust times and food portions as needed to support energy, mental clarity, and emotional calm.

TIME	MEAL OR SNACK	WRITE IN FOOD CATEGORIES OR FOODS, AMOUNTS, AND ACTIVITIES (WITH DURATION)
		out of bed
	BREAKFAST	
	SNACK	
	LUNCH	
	SNACK	
	DINNER	
	SNACK	
		into bed

Name _____ Day and Date _____