

# Eat Smart

## 7-Day Meal Plan

Mix and match meals or follow it exactly as listed below, it's up to you. Spend time on Sunday preparing some of these meals for the week and freeze them. It makes all the difference on busy weeknights. Pair your healthy eating with 30-minutes of activity ([check out this calendar](#)).

	Breakfast	Lunch	Snacks	Dinner	Treat	Calories
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						