

Name: _____ Class: _____

Healthy Meal Planning Worksheet

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Monday

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____ Snack 2: _____

My Unhealthy Indulgence: _____

Tuesday

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____ Snack 2: _____

My Unhealthy Indulgence: _____

Wednesday

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____ Snack 2: _____

My Unhealthy Indulgence: _____

Thursday

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____ Snack 2: _____

My Unhealthy Indulgence: _____

Friday

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____ Snack 2: _____

My Unhealthy Indulgence: _____