Your 5-5-5 Meal Plan

The 5-5-5 Plan is your own healthy meal plan based on the foods you love.

Directions: Write down 5 breakfasts, 5 lunches, and 5 dinners you eat on a regular basis. These meals don't necessarily need to be healthy—just foods you love. After you write them down, think of ways to make them healthier. Try incorporating more fruits and veggies, lean proteins, and whole grains into each meal and snack. For example, if you wrote down "pizza," change it to "veggie pizza." When you're done, you should end up with a list of healthier versions of meals you already eat. Small steps can make a huge difference. Use the 5-5-5 Plan to make meals you love healthier.

Breakfast

Meal Name Ex: "Pizza"	Original Ingredients	Updated Healthy Ingredients

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Lunch

Meal Name	Original Ingredients	Updated Healthy Ingredients

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Snack

Meal Name	Original Ingredients	Updated Healthy Ingredients

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Dinner

Meal Name	Original Ingredients	Updated Healthy Ingredients