

Raise HEALTHY Eaters

Where Parents Go for
Credible Nutrition Advice



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Weekly Meal Planner

Nutrition Checklist: Plan to have fish twice a week, beans (black, kidney, garbanzo, pinto etc.) as an entree or side dish 2-3 times per week and at least one vitamin-C rich fruit and vitamin-A rich veggie daily (see grocery list for details).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Early Prep							
Snack							
Lunch							
Afternoon prep							
Snack							
Dinner							
Night prep							