



# Meal Plan Blueprint

Enter your favorite meals and snacks into this blueprint to create weekly meal plans you'll love.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Breakfast A	Breakfast B	Breakfast A	Breakfast B	Breakfast A	Breakfast B	Breakfast A
MEAL 2	Lunch A	Lunch A	Lunch A	Dinner B	Lunch B	Lunch B	Lunch B
SNACK	Snack A	Snack B	Snack A	Snack B	Snack A	Snack B	Snack A
MEAL 3	Dinner A	Dinner A	Dinner B	Dinner C	Dinner C	Dinner D	Dinner D

## Your Plan:

- Mix & Match your favorite meals & snacks
- Mix & Match between 4 & 6 different proteins
- Choose a few Flavor Boosters

## Meal Planning Tips:



Spend one day at the beginning of the week washing and chopping all of your veggies, and batch-cooking things you'll enjoy for multiple meals, such as proteins and soup.



Buy frozen fruits and veggies if you're on a budget, or if it's hard to find good fresh produce near you.



Try roasting a big pan of protein and veggies to add to soups, salads, and bowls throughout the week.



Make simple, portable breakfasts, lunches, and snacks to take to work.



Switch up your sauces and dressings throughout the week to keep things interesting.



Choose a mix of hot and cold meals, depending on what you like best.



Pair produce and protein for a simple, satisfying snack (think berries with plain Greek yogurt, or veggie sticks with hummus).



Remember to plan for the times you'll be eating away from home, too! (Check your app for tips on eating out.)

## Meal Resources:

- The Food section of your MonjWell app
- The ADA's Diabetes Food Hub: <https://www.diabetesfoodhub.org/>