

Living Whole

EASY Meal Planner



LOMA LINDA UNIVERSITY
HEALTH

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Dinner					
Snack					

Shopping List:

Check your meal:

- Protein
- Fruit
- Vegetable
- Whole Grain
- Dairy Alternative

For recipe ideas visit: livingwhole.llu.edu



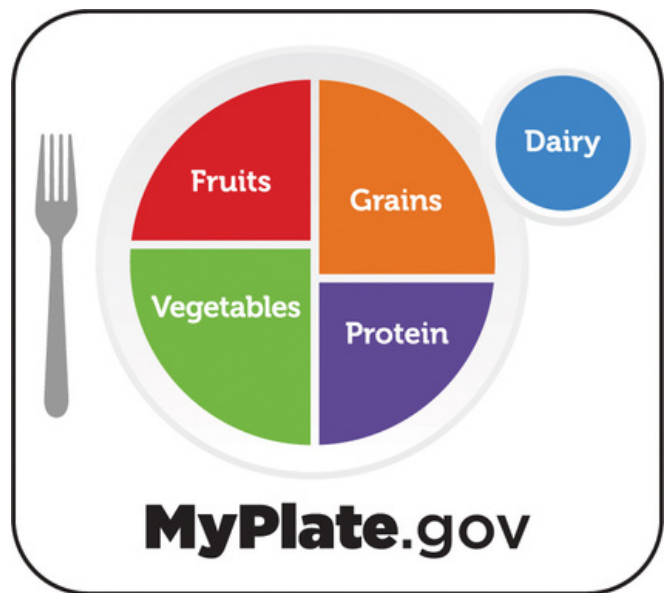
HEALTHY

Meal Plan Guideline

A well-balanced meal includes fruits, vegetables, whole grains, proteins, and a dairy/dairy alternative. Visit livingwhole.llu.edu for Wellness Meals full of flavor and nutrients!

Model your plate to look like this:

Tip: Fill half your plate with fruits and vegetables first.



Plant-Based protein options:

- Tofu
- Beans
- Lentils
- Nuts and Seeds
- Quinoa
- Tempeh
- Soy milk
- Dark greens