

Meal Plan Template

The Rule of Three

For each food group, write in 3 options.
See the example list below if you need ideas!

Protein	Carbs	Vegetable	Sauce/Seasoning

Example Meatballs Pasta Broccoli Marinara Sauce

MEAL IDEAS

Instructions: Combine 1 food from each column above to create a balanced meal!

Meal #1:				
Meal #2				
Meal #3				

Ex) Meatballs+ Pasta+ Broccoli + Marinara Sauce

PROTEIN

Chicken
Fish
Eggs
Tofu
Turkey
Tuna
Meatballs

CARBS

Rice
Potato
Sweet Potato
Quinoa
Oats
Bread
Pasta

VEGETABLE

Kale
Broccoli
Peppers
Cabbage
Cauliflower

SEASONING

Teriyaki
Marinara Sauce
Salt & Pepper
Chilli Powder
Basil
Turmeric
Oregano

