



We Can! Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Download a new copy of this planner each week. Below are also lists of ideas for healthier breakfasts, lunches, and dinners. *Remember to eat mostly GO foods and watch your portion sizes!* To download a *GO, SLOW, and WHOA Foods Chart*, click on <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf>

DAY	BREAKFAST	LUNCH	DINNER
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Suggestions for healthier breakfasts:

- 1 cup whole grain cold cereal or ½ cup hot cereal, ½ cup fat-free or low fat milk, and ½ cup fresh or frozen fruit such as blueberries, strawberries, or bananas.
- 2 slices whole grain toast with 2 tablespoons jam or peanut butter, 1 cup low fat or fat free yogurt, and ½ cup 100% juice (orange, grapefruit, etc.)
- 2 scrambled eggs, 2 slices whole grain toast with jam, ½ cup sliced strawberries.
- Tortilla with melted low fat cheese, 2 scrambled eggs or ½ cup egg substitute, ½ cup spinach, and ¼ cup salsa.

Suggestions for healthier lunches:

- 1 cup garden salad with 1 tablespoon light dressing and ½ turkey sandwich on whole grain bread with lettuce, tomato, and mustard.
- 1 cup broth or tomato-based soup and ½ lean roast beef sandwich on whole grain bread with lettuce, tomato, and mustard.
- 1 slice cheese or vegetable pizza made with low-fat cheese, small garden salad, and 2 tablespoons of light dressing.

Suggestions for healthier dinners:

- 3 ounces grilled honey mustard chicken, ½ cup roasted asparagus, and 1 cup wild rice.
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup garden salad with 2 tablespoons light dressing.
- 1 cup pasta with ½ cup tomato sauce, and ½ cup steamed broccoli, 1 slice whole grain bread, and ½ cup pineapple slices.

For more information about **We Can!** visit <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN