



WEEK 1: SELF-CARE AND MEAL PLAN CHART

Sample Menu for Meals Using the Healthy Food Prescription from 12/14/2019

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prayer, Journaling, or Meditation (Morning Recommended) Choose 3 Days: 5-10 min							
Exercise (Anytime) Choose 3 Days: 15-30 min							
Upon Rising: 8 fl oz (240 ml) water (add 1/4 fresh lemon or 1 tsp apple cider vinegar if desired)							
<i>Breakfast</i>	oatmeal, almond milk	oatmeal, almond milk	oatmeal, almond milk	oatmeal, almond milk	oatmeal, almond milk	oatmeal, almond milk	oatmeal, almond milk
<i>Morning Snack</i>	walnuts & apple	walnuts & berries	walnuts and apple	walnuts and berries	walnuts and apple	walnuts and berries	walnuts and apple
<i>Lunch</i>	Salad / Avocado, lettuce, cucumber, celery, tomatoes, black beans.	Salad / Avocado, lettuce, cucumber, celery, tomatoes, chicken leftovers	Salad / Lettuce, cucumber, celery, tomatoes, black beans.	Salad / Lettuce, cucumber, celery, tomatoes, Fish leftovers	Salad / Avocado, lettuce, cucumber, celery, tomatoes, black beans.	Salad / Lettuce, cucumber, celery, tomatoes, Fish leftovers.	Salad / Lettuce, cucumber, celery, tomatoes, black beans.
<i>Afternoon Snack</i>	Yogurt, Almond Milk & Banana	Yogurt, Walnuts & Avocado	Yogurt, Almond Milk & Banana	Yogurt, Walnuts & Avocado		Yogurt, Walnuts & Berries	
<i>Dinner</i>	Mushrooms, Onion, Chicken stirfry with Olive Oil over Brown Rice	Whole grain Spaghetti, Onion, Mushroom, Tomato Paste	Quinoa, Fish, Onion, Tomatoes, Celery	Whole grain Spaghetti, Mushrooms, Spinach, Tomato Paste	Brown Rice, Fish, Mushrooms, Onions		