



HEALTHY LIVING
with *Patti Green*

WEEKLY MEAL PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

EAT-IT: Planning your weekly meals makes life so much easier! Organize all your meals.

Support your community and visit your farmer's market or food artisan shops whenever possible! Try new fresh local foods.

On days you are going out to eat, enjoy a light breakfast and lunch.

Take one day a week to prepare homemade soups and meals that you can store or freeze for the upcoming week. Use baggies to store fresh cut veggies (best if used within 3 days). Prep your green smoothie breakfast ingredients, place in baggies and freeze for a quick grab and go. Peeled bananas, berries, greens. Add ice, avocado, protein powder, coconut water/milk, almond milk, yogurt or whatever you choose.