**5-A-Day Meal Planner**

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| **Day** | **Breakfast** | **Lunch** | **Snack** | **Total Servings (Fruit & Veg)** |
| **Example Day 1** | Oatmeal with sliced strawberries (1 serving of fruit/veggie) | Grilled chicken salad with spinach, kale, bell peppers, cucumber, and seeds (2 servings of veggies) | Orange and mixed nuts (1 serving of fruit) | **5 servings** |
| **Example Day 2** | Whole-grain toast with smashed avocado, cherry tomatoes, and a boiled egg (2 servings of veggies) | Turkey sandwich with lettuce, cucumber, and bell pepper (1 serving of veggies) | Sliced apple with peanut butter (1 serving of fruit) | **5 servings** |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |

**How to Use This Planner:**

1. **Fill in your meals**: Each day, plan out your breakfast, lunch, and snacks to ensure you're hitting the 5 servings of fruits and vegetables. Feel free to swap meals and ingredients as you like.
2. **Track your progress**: By the end of the week, you’ll have a clearer picture of how many servings of produce you're incorporating into your diet.

**Additional Tips:**

* **Use leftovers**: Repurpose meals or ingredients throughout the week to save time and reduce food waste.
* **Add variety**: Swap fruits and veggies based on what’s in season, on sale, or what you enjoy the most.