



**STRONG MOMMAS  
MEAL PLANNER**

**MY HEALTHY  
MEAL IDEAS**

<b>BREAK FASTS</b>	<b>1</b>	<b>2</b>	<b>3</b>
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<b>LUNCHES</b>	<b>1</b>	<b>2</b>	<b>3</b>
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<b>SNACKS</b>	<b>1</b>	<b>2</b>	<b>3</b>
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**HEALTHY  
EATING HABITS**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes

<b>DINNERS</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>DINNERS</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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