



# STRONG MOMMAS MEAL PLAN

<b>MON</b>	<b>B</b>	<b>L</b>	<b>S</b>	<b>D</b>
<b>TUES</b>	<b>B</b>	<b>L</b>	<b>S</b>	<b>D</b>
<b>WED</b>	<b>B</b>	<b>L</b>	<b>S</b>	<b>D</b>
<b>THUR</b>	<b>B</b>	<b>L</b>	<b>S</b>	<b>D</b>
<b>FRI</b>	<b>B</b>	<b>L</b>	<b>S</b>	<b>D</b>
<b>SAT</b>	<b>B</b>	<b>L</b>	<b>S</b>	<b>D</b>

<b>SUN</b>
<b>B</b>
<b>L</b>
<b>S</b>
<b>D</b>

**HEALTHY  
EATING  
HABITS**

eat every meal  
eat protein  
eat produce  
add healthy fats  
include whole  
grains  
eat real, whole food  
drink water  
splurge sometimes