

Weekly Meal + Exercise Planner

Healthier. Happier.



	Breakfast	Lunch	Dinner	Snack	Serves	Exercise											
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Goal for the week: _____

Check out healthier.qld.gov.au/recipes for healthy meal ideas.

Daily Serves

= 2
 = 5+
 = 2-3
 = 3-6
 = 2-3

Daily Exercise

Aim for **30+ minutes** of moderate intensity physical activity each day.

