



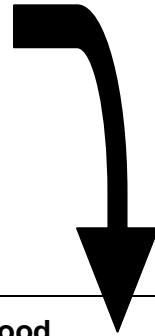
Planing a week of evening meals

You need to know if you have a weekly balanced meals.

Q1. Write if your meal is food for growth, food for repair, food for energy...

Example:

<i>Day of the week</i>	<i>Main meal</i>	<i>Types of food (*)</i>
<i>Monday</i>	<i>Pizza</i>	<i>Food for energy</i>



Day of the week	Main meal	Types of food
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		