# Weekly Meal Plan

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Walnut Oatmeal</td>
<td>Pesto Turkey</td>
<td>Salmon with Brown Rice and</td>
</tr>
<tr>
<td></td>
<td>and Yogurt</td>
<td>Sandwich</td>
<td>Spinach</td>
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</tbody>
</table>

**Grocery List:**

**Reminders**

[healthcorps.org](http://healthcorps.org)
#8 Decrease Negative Perception Of challenges

<table>
<thead>
<tr>
<th>Morning</th>
<th>Afternoon</th>
<th>At night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Got help with math 12/21/2019 8am - 8 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What?
- Got help w HW
- Make up w friend
- Try a new activity
- Say something kind to self
- Studied even longer
- Find a favorite quote!!

Date?
Time?

Reminders
Work on your guideline for 2 weeks!
12/21 - 1/5/2019