May 4-8

Let’s eat healthy and exercise! Write down what you eat and how you exercise each day to turn in to me at the end of the week. It is better to eat 3 small meals and snacks than 3 large meals. The more you exercise, the more you can/need to eat. Focus on being healthy. Each day, try to eat from all 5 groups of MyPlate that we learned last week.

I would also like for you to get an app like MyFitnessPal or MyPlate and keep up with what you are eating. **This is for you!** It really does help! They give you suggestions and encourage you!

\*ChooseMyPlate.gov is a great resource!

\*I am also sharing copies of the recipes we make in class. You might want to use them for your meals this week. If you make any of them, please take a picture and send it to me.

Monday:

* Breakfast
* Snack
* Lunch
* Snack
* Dinner
* Exercise

Tuesday:

* Breakfast
* Snack
* Lunch
* Snack
* Dinner
* Exercise

Wednesday:

* Breakfast
* Snack
* Lunch
* Snack
* Dinner
* Exercise

Thursday:

* Breakfast
* Snack
* Lunch
* Snack
* Dinner
* Exercise

Friday:

* Breakfast
* Snack
* Lunch
* Snack
* Dinner
* Exercise