**Title:** A Week of Balanced Meals

**Description:** Use Lume's sample meal plans to see what a balanced diet can look like.

To get you started on your journey toward making your diet healthy and balanced, we've got a few meal plans for inspiration. Each of these week-long, 1800-calorie-per-day meal plans gives you ideas about what to eat for meals and snacks. There's one for a gluten-free diet, one for a vegetarian diet, and another for a general diet with no dietary restrictions. If you don't need that many calories, reduce the amount of each dish you eat. If you need more calories, increase just a little.

For today's challenge, look through a meal plan that fits how you prefer to eat. Find a snack or a meal that you can prepare for yourself. Get comfortable with what goes into a balanced diet. Then prepare another balanced meal!

Regular diet meal plan: <http://www.lumeapp.co/sampleMeal-regular.html>

Vegetarian meal plan: <http://www.lumeapp.co/sampleMeal-vegetarian.html>

Gluten-free meal plan: <http://www.lumeapp.co/sampleMeal-glutenFree.html>