

# WEEKLY MEAL PLANNER

BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>
BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>
BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>
BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>

BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>
BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>
BREAKFAST	LUNCH	DINNER	<p>VEGETABLES &amp; FRUITS ●●●●●●●●</p> <p>GRAIN PRODUCTS ●●●●●●●●</p> <p>MILK &amp; ALTERNATIVES ●●</p> <p>MEAT &amp; ALTERNATIVES ●●</p>
GROCERY SHOPPING LIST			<p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p>