

WEEKLY MEAL PLANNER

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

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