WEEKLY MEAL PLANNER

BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	
			GRAIN PRODUCTS MILK & ALTERNATIVES				GRAIN PRODUCTS MILK & ALTERNATIVES	
			MER O ALIERRATIVES				MIER O ALIERWATIVES	
			MEAT & ALTERNATIVES				MEAT & ALTERNATIVES	
BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	
			GRAIN PRODUCTS				GRAIN PRODUCTS	
			MILK & ALTERNATIVES				MILK & ALTERNATIVES	
			MEAT & ALTERNATIVES				MEAT & ALTERNATIVES	
BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	
			GRAIN PRODUCTS				GRAIN PRODUCTS	
			MILK & ALTERNATIVES				MILK & ALTERNATIVES	
			MEAT & ALTERNATIVES				MEAT & ALTERNATIVES	
BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	GROCERY SHOPPING LIST				
			GRAIN PRODUCTS					
			OKAN TRODUCTS					
			MILK & ALTERNATIVES					
			MEAT & ALTERNATIVES					