

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>