WEEKLY MEAL PLANNER

BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS
			GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES				GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES
BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES	BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES
BREAKFAST	LUNCH	DINNER	GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES	BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES
BREAKFAST	LUNCH	DINNER	VEGETABLES & FRUITS	GROCERY SHOPPING LIST			
			GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES				