WEEKLY MEAL PLANNER

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	VEGETABLES & FRUITS 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	VEGETABLES & FRUITS GRAIN PRODUCTS MILK & ALTERNATIVES MEAT & ALTERNATIVES

GROCERY SHOPPING LIST		