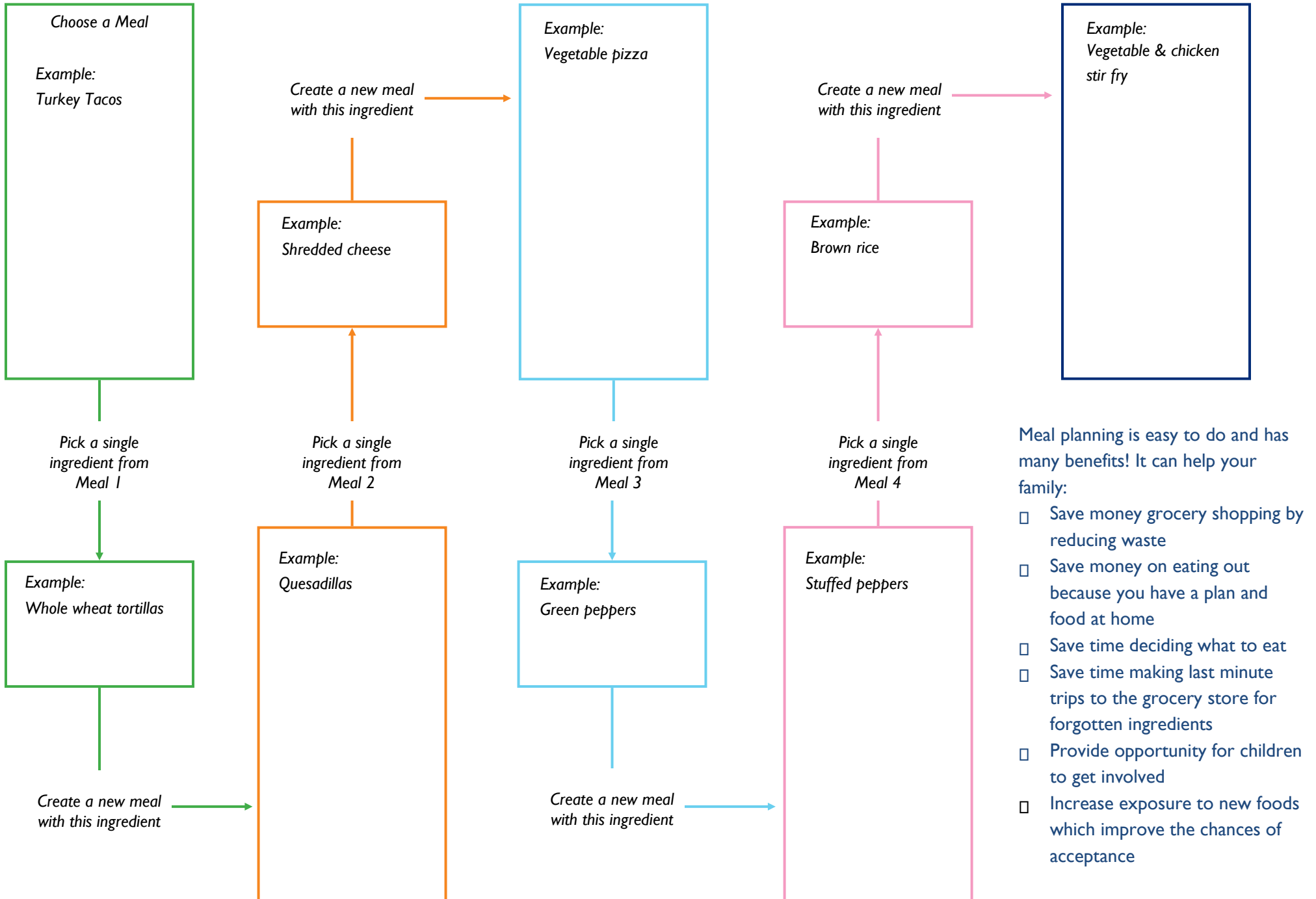


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast (pick at least three) <ul style="list-style-type: none"> • Vegetables • Fruits • Grains • Dairy • Protein 	<i>Example: Spinach and cheese omelet with a banana (Veg, dairy, protein, fruit)</i>						
Lunch (pick at least three) <ul style="list-style-type: none"> • Vegetables • Fruits • Grains • Dairy • Protein 	<i>Example: Turkey sandwich w/lettuce and tomato, glass of milk (Protein, grain, veggie, dairy)</i>						
Dinner (pick at least three) <ul style="list-style-type: none"> • Vegetables • Fruits • Grains • Dairy • Protein 	<i>Example: Grilled fish, broccoli, brown rice (Protein, veggie, grain)</i>						
Snack (pick at least two) <ul style="list-style-type: none"> • Vegetables • Fruits • Grains • Dairy • Protein 	<i>Example: Apple with peanut butter (Protein, fruit)</i>						

Weekly Meal Planner: Use this calendar to plan a week's worth of meals and snacks. Breakfast, lunch, and dinner should include at least 3 food groups, while every snack should include at least 2.

Menu Planning



Meal planning is easy to do and has many benefits! It can help your family:

- ❑ Save money grocery shopping by reducing waste
- ❑ Save money on eating out because you have a plan and food at home
- ❑ Save time deciding what to eat
- ❑ Save time making last minute trips to the grocery store for forgotten ingredients
- ❑ Provide opportunity for children to get involved
- ❑ Increase exposure to new foods which improve the chances of acceptance