

MENU PLANNER: 1 WEEK

When planning meals, aim for a variety of nutritious foods from Canada's Food Guide, including at least:

- ✓ one vegetable or fruit,
- ✓ one whole grain food and
- ✓ one protein food.

When planning snacks, aim for a variety of nutritious foods from Canada's Food Guide, including at least:

- ✓ one vegetable or fruit,
- ✓ one whole grain food or one protein food.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	GROCERY LIST