

MENU PLANNER

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.

GROCERY LIST

Store:

Vegetable & Fruit:

Grain Products:

Milk, Cheese & Yogurt

Meat, Poultry, Fish, Beans, Eggs,
Nuts, & Seeds:

Other:

Store:

Vegetable & Fruit:

Grain Products:

Milk, Cheese & Yogurt

Meat, Poultry, Fish, Beans, Eggs,
Nuts, & Seeds:

Other:

MEALS/SNACKS THIS WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY