

Menu Planner: 1 week

□ **Breakfast:**

at least 3 food groups, one of which is a vegetable or fruit

□ **Snack:**

at least 2 food groups, one of which is a vegetable or fruit

□ **Vegetable & Fruit:**

1 food group
(vegetables and fruit)

□ **Lunch:**

at least 3 food groups, one of which is a vegetable or fruit

Monday	Tuesday	Wednesday	Thursday	Friday	<u>Grocery List:</u>

