

Menu Planner: 2 week

When planning meals, aim for a variety of healthy 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 healthy 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	<u>Grocery List:</u>
Monday	Tuesday	Wednesday	Thursday	Friday	

