

Menu Planner

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.

Grocery List

Store: _____

Store: _____

Vegetable & Fruit:

Vegetable & Fruit:

Grain Products:

Grain Products:

Milk and Alternatives:

Milk and Alternatives:

Meat and Alternatives:

Meat and Alternatives:

Other:

Other:

Meals/Snacks This Week

Monday

Tuesday

Wednesday

Thursday

Friday

