

Meal Planning



	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	FRUIT	5/(2/11/7/37	2011011	37071CK	DITTIL
	VEGETABLES				
	PROTEIN				
	GRAINS				
	DAIRY				
TUESDAY	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
	FRUIT	DREARFAST	LONCH	SNACK	DINNER
	VEGETABLES				
	PROTEIN				
	GRAINS				
	DAIRY				
	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
WEDNESDAY	FRUIT				
VES	VEGETABLES				
EDI	PROTEIN				
>	GRAINS				
	DAIRY				
	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
Α	FRUIT				
SD	VEGETABLES				
THURSDAY	PROTEIN				
F	GRAINS				
	DAIRY				
	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
	FRUIT				
ЭАҮ	VEGETABLES				
FRID,	PROTEIN				
_	GRAINS				
	DAIRY				
	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
>:	FRUIT				
SATURDAY	VEGETABLES				
TUE	PROTEIN				
SA	GRAINS				
	DAIRY				
SUNDAY	CATEGORY	BREAKFAST	LUNCH	SNACK	DINNER
	FRUIT				
	VEGETABLES				
	PROTEIN				
	GRAINS				