

# Meal Planning



<b>MONDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				
<b>TUESDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				
<b>WEDNESDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				
<b>THURSDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				
<b>FRIDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				
<b>SATURDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				
<b>SUNDAY</b>	<b>CATEGORY</b>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SNACK</i>	<i>DINNER</i>
	<b>FRUIT</b>				
	<b>VEGETABLES</b>				
	<b>PROTEIN</b>				
	<b>GRAINS</b>				
	<b>DAIRY</b>				