

WEEKLY MEAL PLANNER

WITH FIVE FOOD GROUPS LIST

| MONDAY | | | | SUNDAY | | | |
|-----------|------|-----|----------|-------------------|------|-----|----------|
| MEAL | FOOD | QTY | CALORIES | MEAL | FOOD | QTY | CALORIES |
| Breakfast | | | | Breakfast | | | |
| Snack | | | | Snack | | | |
| Lunch | | | | Lunch | | | |
| Snack | | | | Snack | | | |
| Dinner | | | | Dinner | | | |
| | | | TOTAL | | | | TOTAL |
| TUESDAY | | | | FRUITS | | | |
| MEAL | FOOD | QTY | CALORIES | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| | | | TOTAL | | | | |
| WEDNESDAY | | | | GRAINS / CEREALS | | | |
| MEAL | FOOD | QTY | CALORIES | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| | | | TOTAL | | | | |
| THURSDAY | | | | PROTEIN RICH FOOD | | | |
| MEAL | FOOD | QTY | CALORIES | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| | | | TOTAL | | | | |
| FRIDAY | | | | DAIRY | | | |
| MEAL | FOOD | QTY | CALORIES | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| | | | TOTAL | | | | |
| SATURDAY | | | | VEGETABLES | | | |
| MEAL | FOOD | QTY | CALORIES | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| | | | TOTAL | | | | |