

Betty Crocker Basic Seven Meal Planning For the Week Of: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast:							
Fruit							
Cereal and Milk							
Eggs, Meat, or Other Protein							
Bread and Butter							
Lunch:							
Main Dish							
Vegetables							
Bread and Butter							
Fruit							
Cake or cookies or pudding							
Dinner:							
Appetizer or Soup							
Meat and Potatoes							
Green/Yellow Vegetables (Group 1)							
Salad/Raw Vegetable							
Fruit							
Bread and Butter							
Dessert (Pie or Cake)							