

Basic Seven Meal Planning For the Week Of: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast:							
Citrus Fruit (Group 2)							
Whole Grain (Group 6)							
Dairy (Group 4)							
Eggs, Meat, or Other Protein (Group 5)							
Butter or Margarine (Group 7)							
Lunch:							
Eggs, Meat, or Other Protein (Group 5)							
Green/Yellow Vegetables (Group 1)							
Whole Grain (Group 6)							
Other Fruit (Group 3)							
Snack:							
Choose Wisely							
Dinner:							
Eggs, Meat, or Other Protein (Group 5)							
Potato/Other Vegetable (Group 3)							
Green/Yellow Vegetables (Group 1)							
Salad/Raw Vegetable (Groups 1, 2 or 3)							
Other Fruit (Group 3)							
Whole Grain (Group 6)							
Butter or Margarine (Group 7)							