

Meal Planning Tool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Veg/Fruit							
Grain							
Milk/Alt							
Meat/Alt (optional)							
Lunch							
Veg/Fruit							
Grain/starch							
Milk/Alt							
Meat/Alt							
Water							
Supper							
Veg/Fruit							
Grain/starch							
Milk/Alt							
Meat/Alt							
Water							