

Weekly Menu Planner for Moms

Weekly Menu Planner Menu for Planning Healthy Diet for Kids

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Fruits & Vegetables							
Grain Products if any....							
Milk, Juices & Alternatives							
Lunch							
Fruits & Vegetables							
Grain Products if any....							
Milk, Juices & Alternatives							
Dinner							
Fruits & Vegetables							
Grain Products if any....							
Milk, Juices & Alternatives							
Snacks							

Grocery Products: _____
