

# weekly meal planner

week of:

day	meal	veggies	fruit	grains	protein	dairy
sunday	breakfast					
	lunch					
	dinner					
	snack					
	food group servings:	-	-	-	-	-
monday	breakfast					
	lunch					
	dinner					
	snack					
	food group servings:	-	-	-	-	-
tuesday	breakfast					
	lunch					
	dinner					
	snack					
	food group servings:	-	-	-	-	-
wednesday	breakfast					
	lunch					
	dinner					
	snack					

## HOW TO USE THE MEAL PLANNER

- 1) Enter the starting date for the week in cell H2.
  - 2) Enter your breakfast, lunch, dinner, and snack plans for each day.
  - 3) Next to each meal, enter the approximate number of servings of veggies, fruit, grains, protein, and dairy.
  - 4) The food group servings will add up for you. Keep these numbers in mind as you plan your meals, to aim for a healthy balanced diet.
- That's it - have fun planning your meals!