

Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast								
Lunch								
Dinner								
Snacks								
Check off the amounts from each food group provided by the meals you planned.								
Daily Goals	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruits (cups) <input type="checkbox"/> <input type="checkbox"/> Vegetables (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein (ounces) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy (cups) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>