

Menu for (date)

Instructions: First write in your **choice of protein** items from the food item worksheet. Then fill in your **grains** and **vegetables** that complement your protein item. Remember to choose a variety of **colorful vegetables** and try to eat more **whole grains**. Remember to serve **fruit** and **milk products** every day for a healthy body! Prepare this at least a week (or even a month) ahead and use it to shop for groceries. You'll save time and money and your family will have a healthy diet!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Protein							
Grain							
Veggies							

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