

## WEEKLY MEAL PLANNER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 B R E A K F A S T	FOOD GROUPS							
	FAT							
	MEAT							
	DAIRY							
	FRUIT/VEGETABLE							
	GRAINS							
METABO								
 L U N C H	FOOD GROUPS							
	FAT							
	MEAT							
	DAIRY							
	FRUIT/VEGETABLE							
	GRAINS							
METABO								
 D I N N E R	FOOD GROUPS							
	FAT							
	MEAT							
	DAIRY							
	FRUIT/VEGETABLE							
	GRAINS							
METABO								
FOOD GROUPS	SERVINGS							
FAT	2 - 5							
MEAT	2 - 3							
DAIRY	2 - 3							
FRUIT/ VEGETABLE	5 - 10							
GRAINS	4 - 8							

\*Refer to H<sup>3</sup>I Food Pyramid for serving size