

1-Week Meal Plan

Food groups



Protein



Dairy



Veggie



Fruit



Grain

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MONDAY

=

Dinner Theme:

TUESDAY

=

Dinner Theme:

WEDNESDAY

=

Dinner Theme:

THURSDAY

=

Dinner Theme:

FRIDAY

=

Dinner Theme:

SATURDAY

=

Dinner Theme:

SUNDAY

=

Dinner Theme:

Meals: Include at least 3 food groups; always include a veggie or fruit.
Snacks: Include at least 2 food groups; always include a veggie or fruit.