

	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday Date:
Breakfast							
<i>Include at least 3 food groups</i>							
AM Snack							
<i>Include at least 2 food groups</i>							
Lunch							
<i>Include at least 3 food groups</i>							
PM Snack							
<i>Include at least 2 food groups</i>							
Dinner							
<i>Include at least 3 food groups</i>							