

## 1-Week Meal Plan

	Monday Date:	Tuesday Date:	Wednesday	Thursday	Friday Date:	Saturday	Sunday
Breakfast	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Dieakiast							
Include at least 3 food groups							
3 1000 groups							
AM Snack							
AIVI SIIACK							
Include at least							
2 food groups							
Lunch							
Include at least							
3 food groups							
PM Snack							
Include at least							
2 food groups							
Dinner							
Include at least							
3 food groups							