Day 1: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breakfast

Lunch

Dinner

TOTALS:

Vegetables and Fruit Grain Products

Milk and Alternatives Meat and Alternatives

Day 2: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breakfast

Lunch

Dinner

TOTALS:

Vegetables and Fruit Grain Products

Milk and Alternatives Meat and Alternatives

Day 3: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breakfast

Lunch

Dinner

TOTALS:

Vegetables and Fruit Grain Products

Milk and Alternatives Meat and Alternatives

Day 4: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breakfast

Lunch

Dinner

TOTALS:

Vegetables and Fruit Grain Products

Milk and Alternatives Meat and Alternatives

Day 5: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breakfast

Lunch

Dinner

TOTALS:

Vegetables and Fruit Grain Products

Milk and Alternatives Meat and Alternatives

Day 6: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breakfast

Lunch

Dinner

TOTALS:

Vegetables and Fruit Grain Products

Milk and Alternatives Meat and Alternatives