

MEAL PLANNING WORKSHEET

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Entree Fishx2 Meatlessx2							
Vegetable (hot) Color Variety							
Vegetable (cold) Color Variety							
Whole Grain Variety Cook ahead & use the next day							
Fruit Color Variety							
Beverage							



FAVORITE RECIPES:

ENTREE	VEGETABLE (HOT)	VEGETABLE (COLD)	WHOLE GRAINS	FRUIT	BEVERAGE	OTHER