Plan a balanced menu for one week



You can use the Weekly menu plan below to help. Think about healthy eating guidelines while planning.

		Ingredients:
Monday	Breakfast:	
	Lunch:	
	Dinner:	
Tuesday	Breakfast:	Ingredients:
	Lunch:	
	Dinner:	
Wednesday	Breakfast:	Ingredients:
	Lunch:	
	Dinner:	
Thursday	Breakfast:	Ingredients:
	Lunch:	
	Dinner:	
		to one d'autor
Friday	Breakfast:	Ingredients:
	Lunch:	
	Dinner:	
		Ingradiants
Saturday	Breakfast:	Ingredients:
	Lunch:	
	Dinner:	
		Ingredients:
Sunday	Breakfast:	ingreatents.
	Lunch:	
	Dinner:	