

Plan a balanced menu for one week



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

Monday	Breakfast: Lunch: Dinner:	Ingredients:
Tuesday	Breakfast: Lunch: Dinner:	Ingredients:
Wednesday	Breakfast: Lunch: Dinner:	Ingredients:
Thursday	Breakfast: Lunch: Dinner:	Ingredients:
Friday	Breakfast: Lunch: Dinner:	Ingredients:
Saturday	Breakfast: Lunch: Dinner:	Ingredients:
Sunday	Breakfast: Lunch: Dinner:	Ingredients: