



Weekly Meal Plan for the Week of: _____

		Sat	Sun	Mon	Tue	Wed	Thu	Fri
B r e a k f a s t	Main							
	Side							
	Side							
	Snack	<i>Use Snacks to complete your Daily Food Groups</i>						
	Notes							
L u n c h	Main							
	Side							
	Side							
	Snack	<i>Use Snacks to complete your Daily Food Groups</i>						
	Notes							
D i n n e r	Main							
	Side							
	Side							
	Snack	<i>Use Snacks to complete your Daily Food Groups</i>						
	Notes							

Freezer Meal Inventory

Add and Subtract Freezer Meal Inventory

Daily Focus (FO3) Totals

Saturated Fat	15							
Cholesterol	300							
Sodium	2000							

Daily Food Group Totals

Meat	6 oz							
Grains/Starches	6							
Vegetables	5							
Fruits	4							
Dairy	3							

Use Snacks to complete your Daily Food Groups