

Meal Planner

With NUTRITION CHART

	BREAKFAST	LUNCH	DINNER	SNACKS	NUTRITION CHART
MONDAY					Minimum daily requirements for balanced meals*
TUESDAY					PROTEINS (3 servings) <ul style="list-style-type: none"> <input type="checkbox"/> 1 Egg (3+/week) <input type="checkbox"/> 2 lean meats
WEDNESDAY					STARCHES (3 servings) <ul style="list-style-type: none"> <input type="checkbox"/> 1 bread/cereal <input type="checkbox"/> 1 potato/rice/pasta <input type="checkbox"/> 1 starchy vegetable
THURSDAY					DAIRY (2 servings) <ul style="list-style-type: none"> <input type="checkbox"/> 2 cups milk (adult) or 4 cups (child) <input type="checkbox"/> 1 pat butter
FRIDAY					FRUITS (2 servings) <ul style="list-style-type: none"> <input type="checkbox"/> 1 fruit juice <input type="checkbox"/> 1 fresh fruit
SATURDAY					VEGETABLES (3+ servings) <ul style="list-style-type: none"> <input type="checkbox"/> 1 salad or raw vegetable <input type="checkbox"/> 1 green vegetable <input type="checkbox"/> 1 color vegetable
SUNDAY					