

## My Meal Plans for This Week

Glenda L. Warren

Date: \_\_\_\_\_

		BREAKFAST	LUNCH	DINNER	SNACKS	DISCRETIONARY
<b>SUNDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					
<b>MONDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					
<b>TUESDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					

**GRAINS (G) VEGETABLES (V) FRUIT (F) MILK (MK) MEAT & BEANS (MB) DISCRETIONARY (DIS)**

1. This publication is FCSXXX, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: Reviewed: Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
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		BREAKFAST	LUNCH	DINNER	SNACK	DISCRETIONARY
<b>WEDNESDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					
<b>THURSDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					
<b>FRIDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					
<b>SATURDAY</b>	G					
	V					
	F					
	MK					
	MB					
	DIS					

GRAINS (G)    VEGETABLES (V)    FRUIT (F)    MILK (MK)    MEAT & BEANS (MB)    DISCRETIONARY (DIS)