

Meal Planning Worksheet

1. Check to see what foods you have on hand in your refrigerator, freezer and pantry. Fill in the menu using these items.
2. Review grocery ads for specials that you can use this week in your meals. Fill in the menu using these items.

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
How did I do?	<input type="checkbox"/> Grain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable	<input type="checkbox"/> Grain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable	<input type="checkbox"/> Grain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable	<input type="checkbox"/> Grain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable	<input type="checkbox"/> Grain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable