**Menu Template**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Meal/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Breakfast**Plan at least 3 of the 5 groups |  |  |  |  |  |  |  |
| LunchPlan at least 4 of the 5 groups(Water or low calorie beverage encouraged at lunch) |  |  |  |  |  |  |  |
| DinnerPlan at least 4 or 5 groups |  |  |  |  |  |  |  |
| Snacks |  |  |  |  |  |  |  |