|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date:** |  |  |  |  |  |  |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Morning Coffee** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Afternoon Tea** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Bedtime** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |
| *Fluid* |  |  |  |  |  |  |  |
| *Fruit* |  |  |  |  |  |  |  |
| *Grain* |  |  |  |  |  |  |  |
| *Protein* |  |  |  |  |  |  |  |
| *Vegetable* |  |  |  |  |  |  |  |
| **Recipes** |  |  |  |  |  |  |  |
| **Ingredients** |  |  |  |  |  |  |  |
| **Shopping List** |  |  |  |  |  |  |  |