

WEEK OF

MONDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]

TUESDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]

WEDNESDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]

EXTRA:  
200 Calorie [ ] [ ] [ ]  
  
NOTES:

THURSDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]

FRIDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]

SATURDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]

SUNDAY

Veggies 1-2 cups [ ] [ ] [ ] [ ] [ ] [ ]  
Fruits 1-1 1/2 cups [ ] [ ] [ ]  
Protein 1 oz [ ] [ ] [ ] [ ] [ ] [ ]  
Grains serving size [ ] [ ] [ ] [ ]  
Milk 1 or 2 servings [ ] [ ]  
Fats 2 Tablespoons [ ] [ ]