**Menu Template**

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