Weekday Menu Planner

Once you've created menus for dinner, add ideas for breakfast, lunch and snacks so you'll have healthy options on hand all week.

THREE SIMPLE STEPS	I) CHOOSE A PROTEIN	2) ADD A STARCHY FOOD	3) ROUND OUT WITH NON-STARCHY VEGGIES
DINNER	PROTEIN		Breakfast_
	STARCH	NON-STARCHY VEGETABLES	
	MIX MA	AND TCH	
	PROTEIN Chicken Turkey Beef Seafood Pork		Lunches
	Mea STA Gr Bu	arch ains ligur irley	
	Pol Pa Starchy [\] Sweet	iats enta esta /egetables : Potato orn	
	Lima P Br To Corn	Beans eas eads rtilla bread er rolls	
	Hambu NON-S VEGE Spi	TARCHY TABLES nach s Sprouts	Snacks
	Let Ca Bell P Artic Ce	truce rrots leppers chokes elery nato	
	Greer Pea Caul Aspa Be	n Beans Pods iflower aragus aests occoli	
		umber	