



# My Food Plan

| Meals/Snacks  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Vegetables<br>Fruits<br>Grains<br>Milk and milk products<br>Lean meat, poultry and fish<br>Nuts, seeds and legumes<br>Water | Notes: | Notes:  | Notes:    | Notes:   | Notes: | Notes:   | Notes: |
| <b>Breakfast</b>  | Time:  | Time:   | Time:     | Time:    | Time:  | Time:    | Time:  |
| <b>Snacks</b>   | Time:  | Time:   | Time:     | Time:    | Time:  | Time:    | Time:  |
| <b>Lunch</b>  | Time:  | Time:   | Time:     | Time:    | Time:  | Time:    | Time:  |
| <b>Snacks</b>   | Time:  | Time:   | Time:     | Time:    | Time:  | Time:    | Time:  |
| <b>Dinner</b>   | Time:  | Time:   | Time:     | Time:    | Time:  | Time:    | Time:  |
| <b>Snacks</b>   | Time:  | Time:   | Time:     | Time:    | Time:  | Time:    | Time:  |