

Each meal should include: at least 2 servings of vegetables, 1 serving of fruit, 1 serving of whole-grain starch or starchy vegetable (starchy vegetables count as both a vegetable and a starch), and 1 serving of protein.



WEEKLY DINNER MENU PLANNER

Day	Protein	Vegetable 1	Vegetable 2	Starch	Dessert/Fruit	Shopping List
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						