

EXAMPLE ONLY! This chart may not have full daily recommended food groups or vitamin/mineral balance. This is just for you to get an idea of how you can make a weekly meal plan work for you.

Food for the Week													
<i>Example Date:</i> June 6th – 13th													
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning	Cereal Banana Yogurt	Morning	Cereal Yogurt Banana	Morning	Cereal Yogurt Banana	Morning	Toast & Eggs Orange	Morning	Cereal Banana Yogurt	Morning	Oatmeal Banana OJ	Morning	Pancakes & Eggs OJ
Lunch	Spaghetti* and Meatballs Side salad	Lunch	Grilled Fish Roll Broccoli	Lunch	Stroganoff Side salad with corn on the cob	Lunch	Salmon cauliflower Rice	Lunch	Taco Salad	Lunch	Pork chops Mashed potatoes asparagus	Lunch	BBQ with friends at home- cauliflower and veggie w/ dip, flank steak, and baked potato
Dinner	Pasta Cauliflower Sliced Apples	Dinner	Rice Grilled Chicken Peach	Dinner	Egg Salad Sandwich Corn soup Grapes	Dinner	Corn Turkey Sandwich Watermelon	Dinner	Tuna sandwich Sliced Apples	Dinner	Chicken Teriyaki over noodles* Rice Broccoli	Dinner	Eat out

** Some people may be allergic to certain foods, dairy, or grains. This chart is only an example, and for those with special health concerns, please discuss your diet plans with your health practitioner.