



Meal Planning for Every Body: Menu Plan & Shopping List

| MENU PLANNER | | | | |
|--------------|-----------|-------|--------|--------|
| | Breakfast | Lunch | Dinner | Snacks |
| M | | | | |
| T | | | | |
| W | | | | |
| TH | | | | |
| F | | | | |
| SA | | | | |
| SU | | | | |

My MyPlate Daily Recommendations for Each Food Group:

Grains _____ Vegetables _____ Fruits _____ Dairy _____ Protein _____

SHOPPING LIST

Fresh Produce

Canned

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |

Protein

Frozen

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |

Dairy

Nonfood

(paper supplies, soaps, cleaning supplies, etc.)

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |

Grains

Other

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |

Revised by Kathy Daly-Koziel, former EFNEP Coordinator

Revised by Jackie Walters, MBA, RD, LD, Extension Specialist Senior for Nutrition Education Program and Jean Najor, MS, Program Coordinator for Nutrition Education Program

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