

## Meal Planner

|           | Friday | Saturday | Sunday |
|-----------|--------|----------|--------|
| Breakfast |        |          |        |
| Lunch     |        |          |        |
| Dinner    |        |          |        |

Meals should include: Drink, Grain (bread, cereal), Fruit, Vegetable, Dairy (milk, cheese, yogurt), Meat  
Give thanks for the food