

DATE:

NAME:

# Menu Plan

BLM 4.3

Plan meals for yourself for one week. Use *Eating Well with Canada's Food Guide* to ensure you meet the recommended daily number of servings of each food group for your age and gender. List your totals in the spaces provided.

Recommended serving sizes for my age group and gender are:

Vegetables and Fruit (V & F): \_\_\_\_\_ Grains (G): \_\_\_\_\_

Meat and Alternatives (Me & A): \_\_\_\_\_ Milk and Alternatives (Mi & A): \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks	Total Servings
<b>Sunday</b>					V & F: G: Me & A: Mi & A:
<b>Monday</b>					V & F: G: Me & A: Mi & A:
<b>Tuesday</b>					V & F: G: Me & A: Mi & A:
<b>Wednesday</b>					V & F: G: Me & A: Mi & A:
<b>Thursday</b>					V & F: G: Me & A: Mi & A:
<b>Friday</b>					V & F: G: Me & A: Mi & A:
<b>Saturday</b>					V & F: G: Me & A: Mi & A: