

Weekly
M E N U
P L A N N E R

MONDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____

TUESDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____

WEDNESDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____

THURSDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____

FRIDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____

SATURDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____

SUNDAY

Protein _____
Vegetable _____
Starch _____
Dessert _____