



The Menu Planner

Save time and eat healthy every day

How to use this Menu Planning Guide

- Keep the planner on your fridge door with magnets.
- Plan your menus for the week, a couple of days or just a few meals — you decide.
- Use your menus to make your grocery list.



Menu Check List ✓

- ☐ Do all the meals have foods from at least 3 of the 4 Food Groups?
- ☐ Have you included a variety of foods from day to day?
- ☐ Do the menus have a variety of colours, flavours and textures?

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Vegetables and Fruit							
	Grain Products							
	Milk and Alternatives							
	Meat and Alternatives							
Morning snacks								
L U N C H	Vegetables and Fruit							
	Grain Products							
	Milk and Alternatives							
	Meat and Alternatives							
Afternoon snacks								
D I N N E R	Vegetables and Fruit							
	Grain Products							
	Milk and Alternatives							
	Meat and Alternatives							
Evening snacks								