Sunday Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Dairy 000 000 000 000 000 000 000 000

Fruits/vegetables 00000 00000 00000 00000 00000 00000 00000 00000

Grains 000000 000000 000000 000000 000000 000000 000000 00000000

Meats 00 00 00 00 00 00 00 00

Fats 00 00 00 00 00 00 00 00

Water 00000000 00000000 00000000 00000000 00000000 00000000 00000000 00000000

Breakfast

Snack

Lunch

Snack

Dinner

Snack