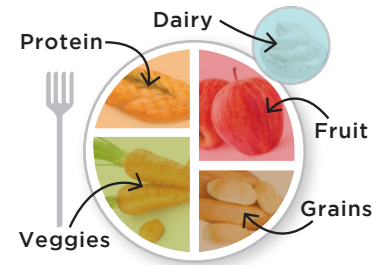


WHAT'S FOR DINNER?

Plan healthy, balanced meals by covering the five food groups and watching portions.



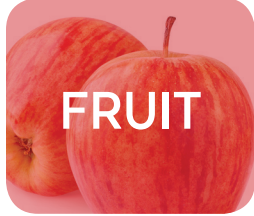
PROTEIN



VEGGIES



GRAINS



FRUIT



DAIRY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

*Nutrition guidance via ChooseMyPlate.gov