

## Daily Meal Planner Menu

Day: \_\_\_\_\_

Meal	Number of Servings in each group				
	Bread/cereal /rice/pasta	Vegetables	Fruits	Milk/yogurt/ cheese	Meat/poultry/fish/ beans/eggs/nuts
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Afternoon Snack</b>					
<b>Dinner</b>					
<b>Evening Snack</b>					
<b>Daily Totals</b>					