Daily Meal Planner Menu

Dav:				

Meal	Number of Servings in each group								
	Bread/cereal /rice/pasta	Vegetables	Fruits	Milk/yogurt/ cheese	Meat/poultry/fish/ beans/eggs/nuts				
Breakfast	•				88				
Lunch									
Afternoon Snack									
Dinner									
Diffile									
Evening Snack									
Daily Totals									