


5 DAY MENU PLANNING WORKSHEET

1. Check refrigerator, freezer and cupboard for items that need to be used. Fill in worksheet using these items.
2. Think about family favorites and staples needed. Review grocery ads for specials that you can use this week in your meals.
Add to menu plan and grocery list.
3. Check for ingredients needed for recipes in menu plan. Add to grocery list.
4. Compare daily menus to MyPlate.

Foods I have on hand:					
Breakfast:					
Lunch:					
Dinner/Supper:					
Snacks:					
How did I do? 	<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Protein <input type="checkbox"/> Dairy	<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Protein <input type="checkbox"/> Dairy	<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Protein <input type="checkbox"/> Dairy	<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Protein <input type="checkbox"/> Dairy	<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Grains <input type="checkbox"/> Protein <input type="checkbox"/> Dairy