

Fats, Oils, and Sweets (RED)



Name: \_\_\_\_\_

Monday	TUESDAY
Fruits and Vegetables (GREEN)	Fruits and Vegetables (GREEN)
Milk and Dairy (BLUE)	Milk and Dairy (BLUE)
Grains, Breads, Cereal, Rice and Pasta (PURPLE)	Grains, Breads, Cereal, Rice and Pasta (PURPLE)
<u> </u>	
<u> </u>	
Meats and Proteins (YELLOW)	Meats and Proteins (YELLOW)
<u> </u>	
Fats, Oils, and Sweets (RED)	Fats, Oils, and Sweets (RED)
WEDNESDAY	THURSDAY
Fruits and Vegetables (GREEN)	Fruits and Vegetables (GREEN)
Milk and Dairy (BLUE)	Milk and Dairy (BLUE)
Grains, Breads, Cereal, Rice and Pasta (PURPLE)	Grains, Breads, Cereal, Rice and Pasta (PURPLE)
Meats and Proteins (YELLOW)	Meats and Proteins (YELLOW)
	[

Fats, Oils, and Sweets (RED)

	FRIDAY	SA	ATURDAY
Fruits and Vegetables (GREET	N)	Fruits and Vegetables (GREEN)	
			_
			_
Milk and Dairy (BLUE)		Milk and Dairy (BLUE)	
Milk und Dany (DLOL)		Wilk did bally (bloc)	
Grains, Breads, Cereal, Rice	and Pasta (PLIRPLE)	Grains, Breads, Cereal, Rice and	Pasta (PLIRPLE)
Oldins, bledds, corodi, i.i.c	did i dad (i Okt EE)	Ordins, broads, corodi, idea and	Tusia (i Oil LL)
			_
			_
			_
Meats and Proteins (YELLOW		Meats and Proteins (YELLOW)	_
Medis dila Froienis (TELLO)	v)	- Medis dila Holoilis (1EEEC 11)	_
Fats, Oils, and Sweets (RED)		Fats, Oils, and Sweets (RED)	
			_
F : LV	SUNDAY	RECIPES/NOTES/QUE	STIONS FOR MEETING:
Fruits and Vegetables (GREET	N)	INDOIL FOLISO LEDIÁO F	
Milk and Dairy (BLUE)			
Grains, Breads, Cereal, Rice	and Pasta (PURPLE)		
Meats and Proteins (YELLOW			
	<u> </u>		
Fats, Oils, and Sweets (RED)			
Tais, Olis, and oweels (NED)			
		ACTIVITY BOX	
	Λ		1
Monday	Low Active	Active	Very Active
Tuesday			
Wednesday			
			_
Thursday Friday			
Saturday			

Sunday