Meal Plan and Grocery Shopping



1. Type you meal plan in the table on page two. Make sure that each meal contains the following:
	1. Fruit, Vegetable, Grain, Protein, Dairy
	2. Variety of colors
	3. Variety of textures
	4. Variety of temperatures
2. Prepare your shopping list for the three meals. Type your list in the table on page three.

Meal Plan

|  |
| --- |
| {Your Name} Meal Plan |
|  | Breakfast | Lunch | Dinner/Supper |
| **Day 1** **($20 limit)** |  |  |  |
| **Day 2** |  |  |  |
| **Day 3** |  |  |  |

Shopping List

| **Item** | **Cost** | **Store** |
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