

# The Food Guide Pyramid

## One-Week Menu Planner

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1							
Meal 2							
Meal 3							
Snacks							
<b>ADD IT UP!</b>	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits	<input type="checkbox"/> <input type="checkbox"/> ____ Fruits
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Vegetables
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bread, Cereal, Pasta
	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter	<input type="checkbox"/> <input type="checkbox"/> ____ Dried Beans, Peas, Meat, Poultry, Fish, Eggs, Peanut Butter
	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese	<input type="checkbox"/> <input type="checkbox"/> ____ Milk, Cheese

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