Weekly meal planner using the plate method

Half vegetables and fruit, a quarter whole grains, a quarter protein

Day	Breakfast	Lunch	Dinner	Snack
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

GROCERY LIST

Vegetables & fruit	Whole grains	Beans, fish, eggs, nuts	Other

Tip: plan beans or lentils at least twice a week and fish once or twice.