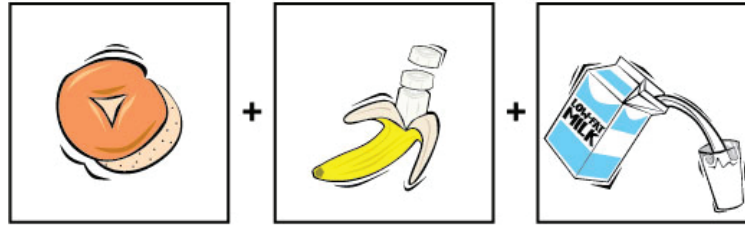


# Weekly Breakfast Meal Planner

A healthy, balanced breakfast follows the “3 Out of 5” model. As you write down the foods you will eat each day, check-off the food groups that you’ve included. Don’t forget that milk and other beverages count toward your food groups too!

## Power up the 3 out of 5 way!



Grains

Vegetables OR Fruit

Dairy OR Protein

= **Balanced Breakfast**

Sunday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

Monday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

Tuesday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

Wednesday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

Thursday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

Friday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

Saturday: \_\_\_\_\_

Grains +  Vegetables OR  Fruit +  Dairy OR  Protein

## Grocery List

What items do you need to purchase for week of healthy breakfasts?

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