DAIRY COUNCIL of CALIFORNIA®
Healthy Eating Made Easier®

Food Group Meal Planner

The easiest way to plan healthy meals is to serve at least one food from each of the five food groups. As you make your plan, check-off the food groups that are included to ensure balanced, nutritious meals. Don't forget that snacks and drinks can account for food group foods too!

Meal Plan

Saturday	☐ M ☐ V ☐ F ☐ G ☐ P
Friday	☐ M ☐ V ☐ F ☐ G ☐ P
Thursday	☐ M ☐ V ☐ F ☐ G ☐ P
Wednesday	☐ M ☐ V ☐ F ☐ G ☐ P
Tuesday	☐ M ☐ V ☐ F ☐ G ☐ P
Monday	☐ M ☐ V ☐ F ☐ G ☐ P
Sunday	☐ M ☐ V ☐ F ☐ G ☐ P

Grocery List

*Food Groups: M=Milk & Milk Products V=Vegetables F=Fruit G=Grains P=Meat & Beans

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