

Breakfast week plan

Eating the right combination of 3 of the 5 food groups provides you with a healthy breakfast that will keep you energized until lunch.

Monday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN

Tuesday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN

Wednesday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN

Thursday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN

Friday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN

Saturday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN

Sunday: _____

GRAINS + VEGETABLES
OR FRUITS + DAIRY
OR PROTEIN