

# Let's Make A MEAL!



Dietitians of Canada  
Les diététistes du Canada



Menu for the week of \_\_\_\_\_

Tackle healthy eating challenges by planning your meals in advance. Use this chart to plan your week and post it on your fridge. Don't know where to start? Go to "Let's Make a Plan" for tips and ideas!

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Breakfast</i>							
<i>Lunch</i>							
<i>Dinner</i>							
<i>Snacks</i>							

*Enjoy eating well.*

Choose the types and amounts of foods suggested by Canada's Food Guide every day. [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)