



# **Childhood Nutrition and Obesity Prevention**

Weekly Menu Planner

## Weekly Menu Planner

Date: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Grocery List
<b>Breakfast</b>								
<b>Lunch</b>								
Dinner Theme (e.g.pasta, left overs)								
<b>Dinner</b>								
<b>Snack</b>								