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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