

Your Health Beet Portion Planner



MONDAY

Breakfast
Protein _____
Grain _____
Fruit _____
Vegetable _____

TUESDAY

Breakfast
Protein _____
Grain _____
Fruit _____
Vegetable _____

WEDNESDAY

Breakfast
Protein _____
Grain _____
Fruit _____
Vegetable _____

THURSDAY

Breakfast
Protein _____
Grain _____
Fruit _____
Vegetable _____

FRIDAY

Breakfast
Protein _____
Grain _____
Fruit _____
Vegetable _____

Lunch
Protein _____
Grain _____
Fruit _____
Vegetable _____

Lunch
Protein _____
Grain _____
Fruit _____
Vegetable _____

Lunch
Protein _____
Grain _____
Fruit _____
Vegetable _____

Lunch
Protein _____
Grain _____
Fruit _____
Vegetable _____

Lunch
Protein _____
Grain _____
Fruit _____
Vegetable _____

Dinner
Protein _____
Grain _____
Fruit _____
Vegetable _____

Dinner
Protein _____
Grain _____
Fruit _____
Vegetable _____

Dinner
Protein _____
Grain _____
Fruit _____
Vegetable _____

Dinner
Protein _____
Grain _____
Fruit _____
Vegetable _____

Dinner
Protein _____
Grain _____
Fruit _____
Vegetable _____