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**Name** \_\_\_\_\_ **Week of** \_\_\_\_\_ **Weight** \_\_\_\_\_

<b>Food Group</b>	<b>Food\Beverage Name and Amount</b>
<b>Breakfast (time)</b> _____	
Grains/Starches	
Vegetables	
Fruits	
Dairy/Substitute	
Protein	
Fats/Sweets	
Beverages	
<b>Comments\Activity</b>	
<b>Snack (time)</b> _____	
<b>Lunch (time)</b> _____	
Grains/Starches	
Vegetables	
Fruits	
Dairy/Substitute	
Protein	
Fats/Sweets	
Beverages	
<b>Comments\Activity</b>	
<b>Snack (time)</b> _____	
<b>Dinner (time)</b> _____	
Grains/Starches	
Vegetables	
Fruits	
Dairy/Substitute	
Protein	
Fats/Sweets	
Beverages	
<b>Comments\Activity</b>	
<b>Snack (time)</b> _____	