



# Meal Planning



Use this planner to help you choose your meals and plan to get your daily five or more servings of fruits and vegetables.



| DAY                     | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--------|--------|---------|-----------|----------|--------|
| MEAL                    |        |        |         |           |          |        |
| Breakfast               |        |        |         |           |          |        |
| Lunch                   |        |        |         |           |          |        |
| Dinner                  |        |        |         |           |          |        |
| Snacks                  |        |        |         |           |          |        |
| # of Fruits and Veggies |        |        |         |           |          |        |



**MASONIC CANCER CENTER**

**UNIVERSITY OF MINNESOTA**