

# WEEKLY MENU PLAN

**MONDAY**

**TUESDAY**

**WEDNESDAY**

Aim for a vegetable or fruit with every meal

Count on leftovers, make a double batch

Try one new recipe every week

**THURSDAY**

**FRIDAY**

**SATURDAY**

Keep your meal plans and repeat them

Have every member of the family pick a recipe

**SUNDAY**

# Shopping List

**Vegetables and Fruit**

**Pantry**

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**Meat**

**Dairy**

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**Frozen**

**Bakery**

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For more information, call 1-800-600-5853 or visit [www.healthunit.org](http://www.healthunit.org)

*Adapted with permission from Healthy Families BC [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)*



