

# Weekly Menu Planner

*Save Time and Eat Healthy*



- Use *Eating Well with Canada's Food Guide*.
- Try to include foods from 3 to 4 food groups in every meal.
- Include a variety of healthy choices from day to day.
- Choose healthy snacks to fill any gaps and add variety.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Breakfast</i>						
<i>Lunch</i>						
<i>Supper</i>						
<i>Snacks</i>						

**PEI Healthy Eating Alliance**

*Dedicated to improving the eating habits of children and youth  
in Prince Edward Island.*