

MENU PLANNING TOOL	LUNCH GREENS	PROTEINS	VEGETABLES	GRAINS	FRUIT							
MONDAY		black beans butter beans chicken eggs garbanzo beans	ham kidney beans lentils nuts/seeds	pepperoni pinto beans tofu tuna	broccoli carrots cauliflower corn cucumber	green beans kale mushrooms onion	peppers squash tomato zucchini	brown rice couscous crackers croustons	pita chips quinoa rice cakes tortillas	apples blackberries blueberries craisins	dried fruit mandarins oranges pineapple	raisins raspberries strawberries
TUESDAY		black beans butter beans chicken eggs garbanzo beans	ham kidney beans lentils nuts/seeds	pepperoni pinto beans tofu tuna	broccoli carrots cauliflower corn cucumber	green beans kale mushrooms onion	peppers squash tomato zucchini	brown rice couscous crackers croustons	pita chips quinoa rice cakes tortillas	apples blackberries blueberries craisins	dried fruit mandarins oranges pineapple	raisins raspberries strawberries
WEDNESDAY		black beans butter beans chicken eggs garbanzo beans	ham kidney beans lentils nuts/seeds	pepperoni pinto beans tofu tuna	broccoli carrots cauliflower corn cucumber	green beans kale mushrooms onion	peppers squash tomato zucchini	brown rice couscous crackers croustons	pita chips quinoa rice cakes tortillas	apples blackberries blueberries craisins	dried fruit mandarins oranges pineapple	raisins raspberries strawberries
THURSDAY		black beans butter beans chicken eggs garbanzo beans	ham kidney beans lentils nuts/seeds	pepperoni pinto beans tofu tuna	broccoli carrots cauliflower corn cucumber	green beans kale mushrooms onion	peppers squash tomato zucchini	brown rice couscous crackers croustons	pita chips quinoa rice cakes tortillas	apples blackberries blueberries craisins	dried fruit mandarins oranges pineapple	raisins raspberries strawberries
FRIDAY		black beans butter beans chicken eggs garbanzo beans	ham kidney beans lentils nuts/seeds	pepperoni pinto beans tofu tuna	broccoli carrots cauliflower corn cucumber	green beans kale mushrooms onion	peppers squash tomato zucchini	brown rice couscous crackers croustons	pita chips quinoa rice cakes tortillas	apples blackberries blueberries craisins	dried fruit mandarins oranges pineapple	raisins raspberries strawberries

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