Meal Ideas Meal Ideas (4)(4)(2)(2)(5) (3) (3) (6) (6) Fruits/Vegetables-Fruits/Vegetables-Pairy — Dairy — □ <u>″</u> □ \_\_\_\_ \_\_\_\_\_ П □ \_\_\_\_ Frozen Food \_\_\_\_\_ Frozen Food \_\_\_\_\_ Meat/Protein \_\_\_\_\_ Meat/Protein\_\_\_\_\_ \_\_\_\_\_ □ \_\_\_\_\_ □ \_\_\_\_\_ □ \_\_\_\_\_ П Π\_\_\_\_\_ Π\_\_\_\_\_ Π Π Π П Π Fats \_\_\_\_\_ Canned Items \_\_\_\_\_ Fats \_\_\_\_\_ Canned Items \_\_\_\_\_ П Π \_\_\_\_\_ Π П Other \_\_\_\_\_ Other \_\_\_\_\_ Carbs/Starches \_\_\_\_ Carbs/Starches \_\_\_\_\_ Π П \_\_\_\_\_ Π\_\_\_\_\_ П □ \_\_\_\_\_ Π Π  $\Box$ □ \_\_\_\_