




























# Weekly Food Planner

SUNDAY	
	
	
	
MONDAY	
	
	
	
TUESDAY	
	
	
	
WEDNESDAY	
	
	
	
THURSDAY	
	
	
	
FRIDAY	
	
	
	
SATURDAY	
	
	
	

GROCERY LIST	
Dairy	Produce
Grains	Meats
Frozen	Misc.

DAILY SERVINGS							
	S	M	T	W	T	F	S
Fruit  2 cups							
Veggies  2 cups							
Protein  5 oz							
Grains  6 oz							
Milk  3 cups							
Water  8 glasses							

HEALTHY DUKE.



To learn more about meal planning and connect with Live for Life resources, please visit our website at <https://hr.duke.edu/wellness/live-life>