

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>