



Sample Planner – Pre-Portioned Menu

MONDAY

Menu

Banana

Yogurt

Granola Bar

Drink
Water

TUESDAY

Menu

Fruit cup in water

Cheese

Whole wheat
crackers

Drink
Water

WEDNESDAY

Menu

Unsweetened
applesauce

Hard-boiled egg

Granola bar

Drink
Water

THURSDAY

Menu

Carrot or celery
sticks

Hummus

Whole wheat
crackers

Drink
Water

FRIDAY

Menu

Orange

Cheese

Melba Toast

Drink
Water

Notes & Suggestions

Each menu includes a portion of (a) vegetables or fruit, (b) protein and (c) grains. Costs can be reduced by packaging items yourself, if health guidelines allow. For example, slicing large blocks of cheese or boiling eggs can be more budget-friendly than purchasing them individually pre-packaged.