

# DAILY MENU PLANNER

DATE	CALORIES	SODIUM (MG)	FOOD GROUP*
<b>breakfast</b>			
subtotal			
<b>snack</b>			
subtotal			
<b>lunch</b>			
subtotal			
<b>snack</b>			
subtotal			
<b>dinner</b>			
subtotal			
<b>total</b>			

\*The food groups can be abbreviated as follows: GR = Grain; VG = Vegetable; FR = Fruit; DA = Dairy; PRO = Protein source from seafood, lean meat or poultry, or other; LEG = Legume; FAT = Healthy fats and oils; NUT = Nut.