

Monday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							

Tuesday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							

Wednesday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							

Thursday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							

Friday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							

Saturday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							

Sunday

Meat, Fish, Poultry, Eggs	2							
Dairy and Alternatives	3							
Grains, Cereals & Nuts	5							
Fruit & Vegetables	7							