



Discover Your **INNER CHEF!**

Menu Planner

Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/healthyeating



HEALTH DEPARTMENT

If you require this information in an accessible format, contact 1-800-841-2729.

Planning ahead helps you control your food budget and save!