

## Fooduzzi's Create Your Own Meal – Template

|        | Proteins | Vegetables | Carbohydrates | Bring it Together |
|--------|----------|------------|---------------|-------------------|
| SUN.   |          |            |               |                   |
| MON.   |          |            |               |                   |
| TUES.  |          |            |               |                   |
| WED.   |          |            |               |                   |
| THURS. |          |            |               |                   |
| FRI.   |          |            |               |                   |
| SAT.   |          |            |               |                   |