



Weekly Meal & Grocery Planning

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							

Produce	Deli/Meats	Breads/ Grains	International	Dairy	Frozen	Other

Haley Golich, MS, RD, LDN

424 W. Aaron Drive State College, PA 16803 – (814) 234-1625 – www.oneononefit.com