













Vegetables and Fruits

**Breads, Rice and Pasta** 

Other

#### **Milk, Yogurt and Cheese**

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## **Beans and Canned Food**

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## Meat, Poultry, Seafood, Eggs

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#### **Frozen Food**

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# **Weekly Meal Planner**

Nonday	 Fruits Grains Dairy
<b>Fuesday</b>	 Vegetables Protein
Nednesday	 Choose MyPlate.gov
[hursday	
Friday	
Saturday	 Oregon State
Sunday	 Oregon State University

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