

Seven-day menu

One sheet. Filled in once a week and hung in the kitchen. Whoever cooks that day follows the same plan, even when the person changes.

HOME

WEEK OF

FILLED IN BY

CHILDREN EATING

The plate rule: half vegetables and fruit · a quarter staple (tortilla, arepa, rice, yuca, potato) · a quarter protein (beans, egg, chicken, fish, dairy) · a healthy fat · **water always.**

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

BEFORE YOU HANG IT, CHECK

Is there a clear protein at breakfast, lunch and dinner every day?	
Are there beans or lentils on most days?	
Is there whole fruit every day, not juice?	
Is there a vegetable at lunch and at dinner?	
Does the same dish repeat more than twice in the week?	
Is water on the table at all three meals?	

WHEN THE BUDGET DOES NOT STRETCH

- Eggs, beans, dairy and fruit first. Everything else after.
- The cheapest vegetable of the week works as well as the one on the poster.
- Midday beans reach dinner if a portion is set aside.