

# What's Menu?

**STRONG<sup>4</sup>LIFE**



|   | Protein | Veggie/fruit | Whole grain/<br>starchy veggie | Notes |
|---|---------|--------------|--------------------------------|-------|
| M |         |              |                                |       |
| T |         |              |                                |       |
| W |         |              |                                |       |
| T |         |              |                                |       |
| F |         |              |                                |       |
| S |         |              |                                |       |
| S |         |              |                                |       |