EatRight Ontario
Get answers to meal time challenges.
My Menu Planner
Healthy eating just got easier. Call toll-free to speak with a Registered Dietitian www.Ontario.ca/EatRight 1-877-510-510-2*

Plan a menu to suit you!

|  | Breakfast | Lunch | Dinner | Snack | Snack |
| ---: | :--- | :--- | :--- | :--- | :--- |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Sunday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
|  |  |  |  |  |  |
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* The EatRight Ontario dietitian service is provided free of charge to residents of Ontario. Open 9am-5pm ET Monday to Friday; evening hours Tuesday and Thursday to 9pm ET. Provided by the Ministry of Health Promotion. © Queen's Printer for Ontario, 2009

