|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food Groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| H | S | T | D | R | V | Z | M | U | Q | D | F | R | K | U | I | R | A | T | N | D | O | G | Q |
| R | D | B | U | N | F | S | I | C | S | E | Q | B | F | X | G | J | K | Y | H | H | H | F | T |
| E | U | K | C | C | R | P | K | C | V | I | Y | K | H | Z | Q | M | J | D | I | L | S | Y | N |
| N | G | S | E | D | G | W | I | H | V | X | N | O | I | L | E | Q | O | T | N | I | K | O | K |
| F | F | W | G | C | M | W | T | I | H | W | F | R | U | I | T | S | Z | W | L | A | L | O | T |
| H | Z | N | L | E | E | S | B | N | R | S | E | F | N | E | C | D | K | C | M | N | A | D | I |
| E | R | P | U | I | A | W | B | O | V | H | Q | B | C | T | E | I | S | Y | A | H | U | M | E |
| R | X | H | C | R | T | A | R | C | Y | F | E | O | M | N | F | N | X | Y | K | D | Q | L | Q |
| D | N | Q | Y | D | K | T | F | V | R | T | T | G | N | E | G | N | T | G | G | L | T | U | Q |
| W | O | R | C | P | O | T | T | P | H | B | A | A | F | M | B | E | B | U | R | S | K | N | P |
| I | Q | I | V | L | S | M | L | Z | W | Z | B | L | G | B | P | R | P | K | A | B | T | C | H |
| A | V | X | W | G | H | L | Z | D | K | Y | S | B | B | Q | W | B | U | J | I | O | E | H | D |
| M | N | D | Q | N | E | I | O | R | T | S | W | P | I | V | B | J | U | T | N | P | W | D | C |
| U | Z | V | F | E | R | J | Y | D | C | V | H | U | U | W | R | E | U | D | S | H | N | K | K |
| F | Q | M | R | T | V | U | P | F | F | C | J | E | X | W | E | G | A | O | L | Z | S | P | L |
| O | E | T | O | V | L | O | R | A | Q | L | Y | K | Z | I | A | S | L | I | Y | K | D | D | R |
| A | G | O | G | M | D | M | O | Y | Q | P | I | G | O | T | K | S | C | R | A | M | O | A | G |
| P | H | M | Z | T | Z | I | T | Z | T | I | C | Q | Y | C | F | H | Y | M | B | X | N | N | E |
| L | E | V | A | B | K | E | E | Z | S | N | M | S | N | A | A | J | C | G | D | A | I | R | Y |
| J | W | N | D | A | B | X | I | B | H | L | H | E | F | P | S | G | T | R | Y | K | U | T | M |
| D | K | T | Q | F | D | J | N | Y | M | Q | A | L | Q | U | T | K | T | L | E | R | V | M | C |
| J | O | C | X | P | A | R | E | V | E | E | M | J | S | Z | R | G | X | V | F | Q | D | I | S |
| Y | Z | R | N | F | Q | V | E | G | E | T | A | B | L | E | S | P | P | H | A | E | B | F | S |
| H | R | U | L | B | T | D | G | U | K | C | B | E | D | P | H | D | D | U | D | Q | X | I | H |

   dinner       lunch       Breakfast       Pareve       Meat       kosher       dairy       Protein       fruits       Grains       Vegetables