

MyPlate Mealplan

Please design three tasty meals based on MyPlate. Remember, each meal must have at least one food item from each section of MyPlate.

Meal 1

Fruit _____

Vegetable _____

Grain _____

Protein _____

Dairy _____

Meal 2

Fruit _____

Vegetable _____

Grain _____

Protein _____

Dairy _____

Meal 3

Fruit _____

Vegetable _____

Grain _____

Protein _____

Dairy _____

