

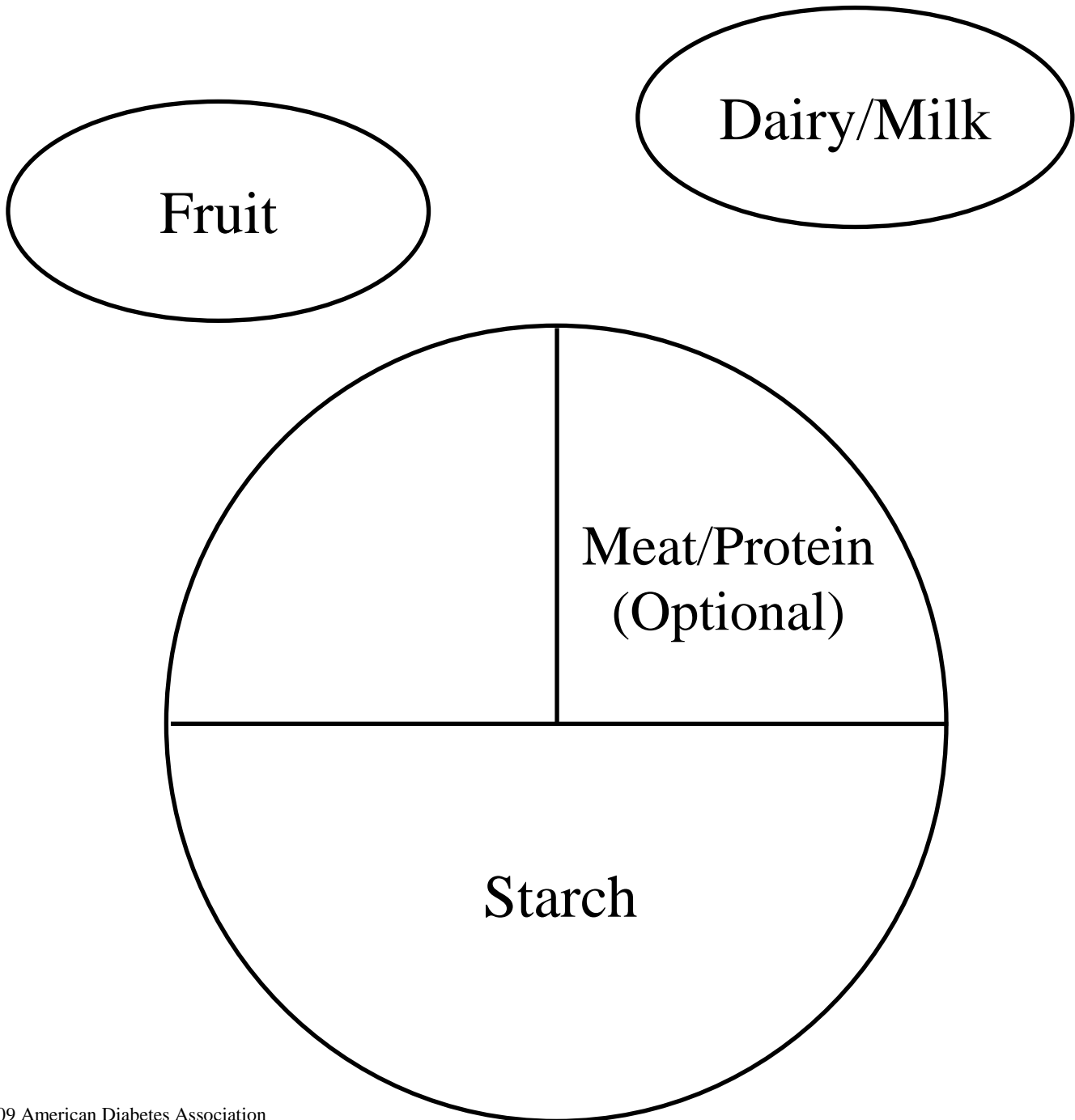
**Instructions:** These plates show how to divide your plate for the recommended amounts of the food groups. There is a different meal planning plate for breakfast, lunch, and dinner. Use the plates to write in what foods you ate. You can draw over this plate the portions you ate.

**Date:**

**Meal: Breakfast**

**Day 1**

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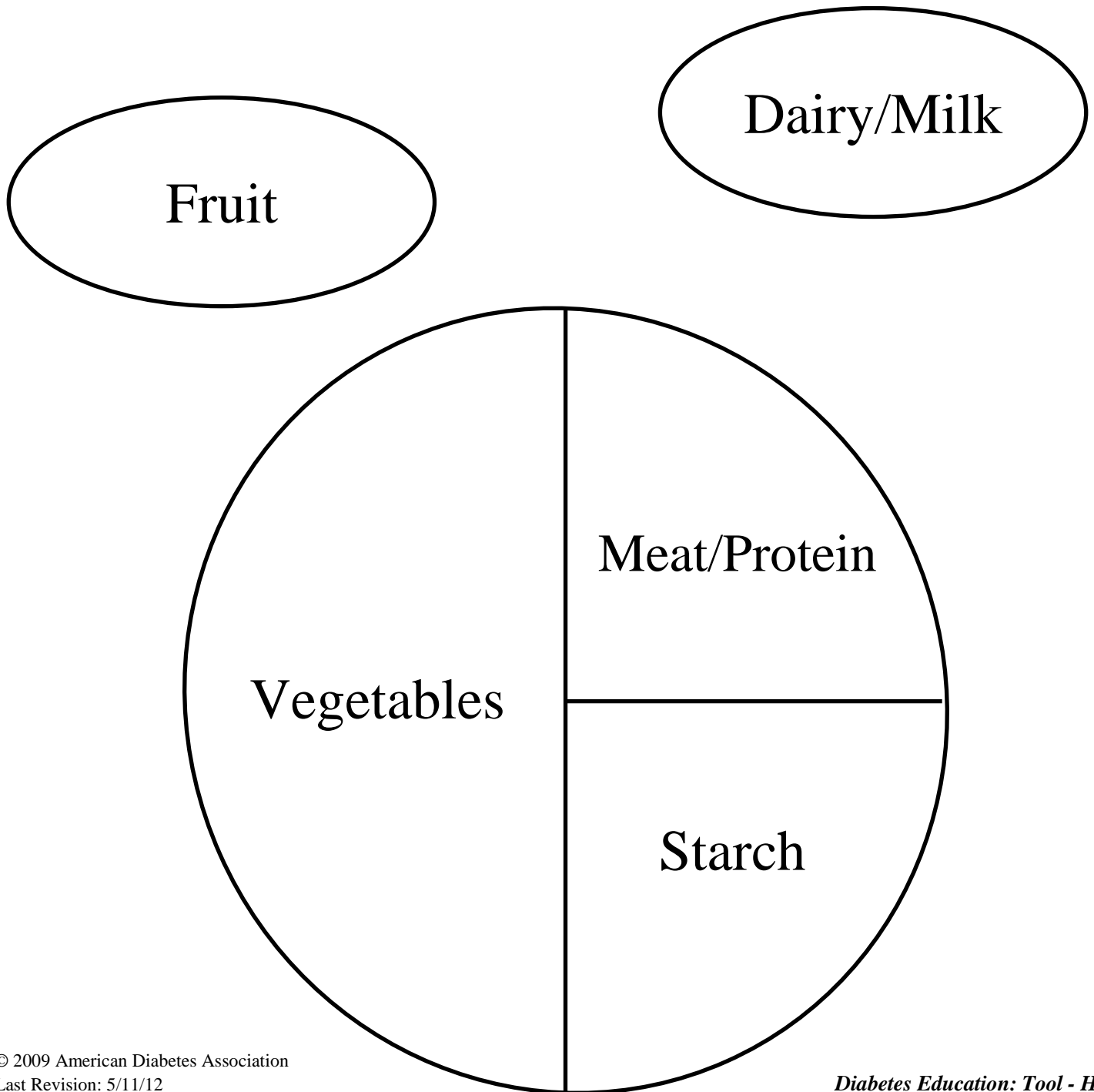
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**Date:**

**Meal: Lunch**

**Day 1**

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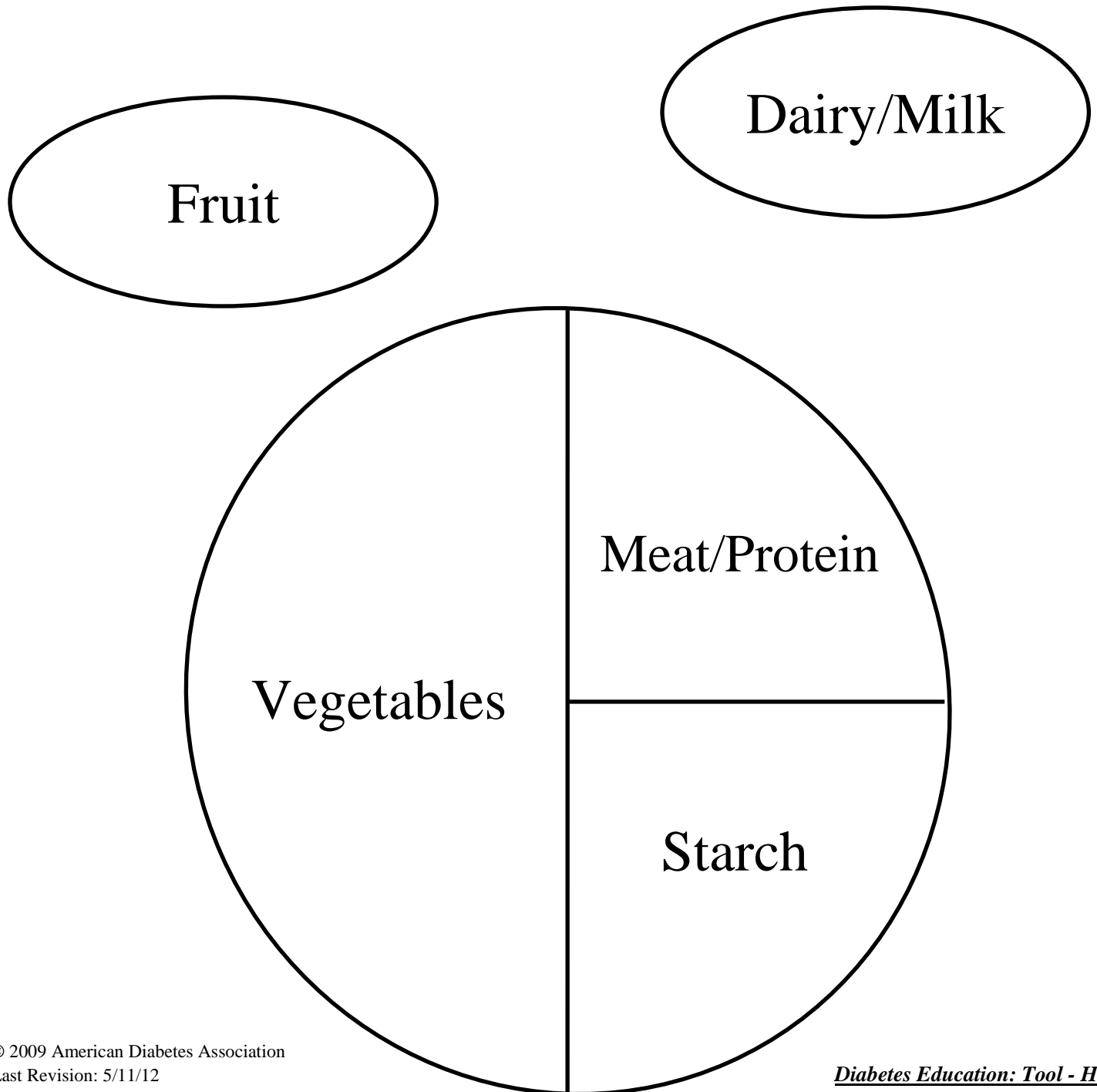
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**Date:**

**Meal: Dinner**

**Day 1**

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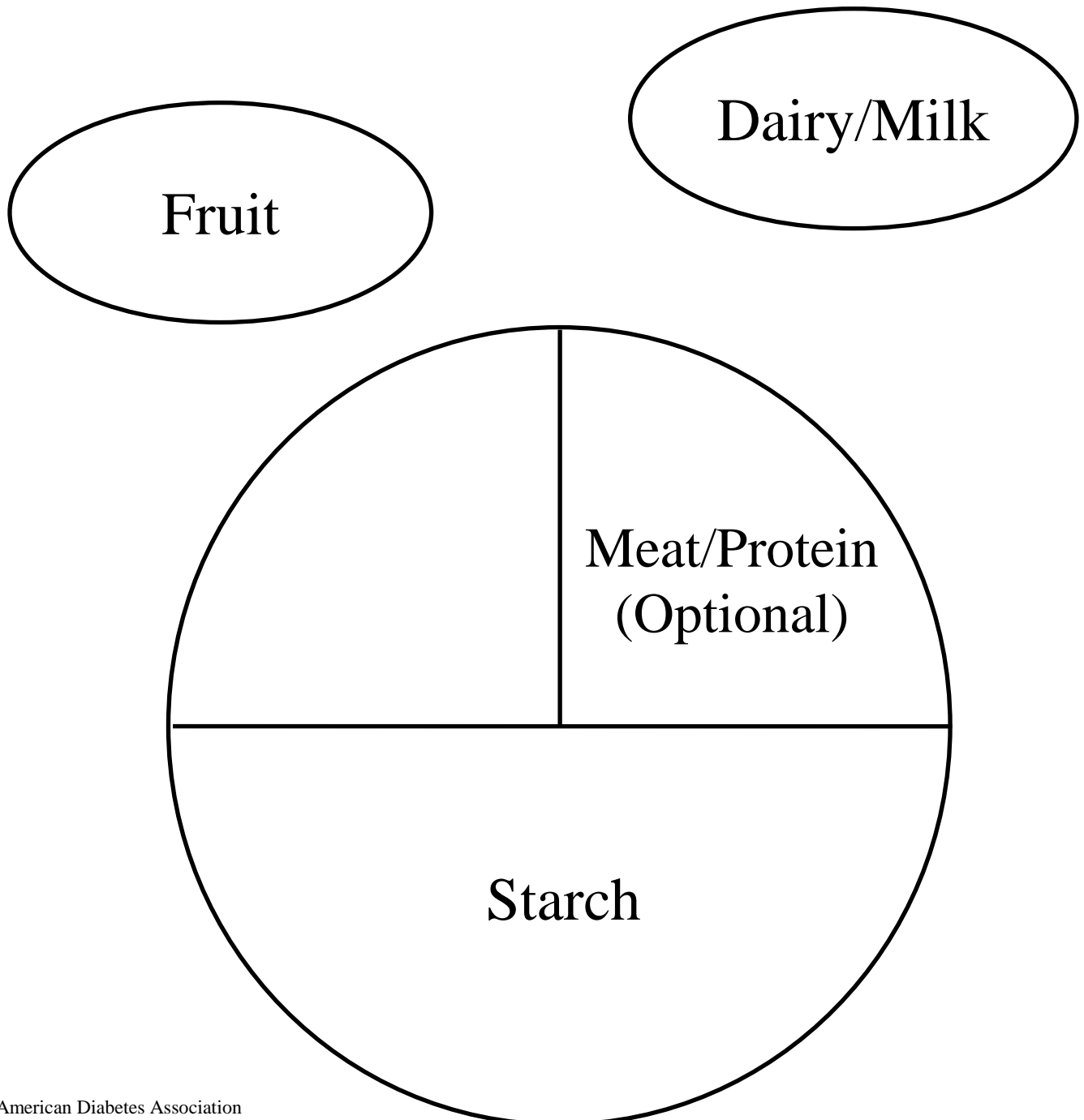
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Date:

Meal: **Breakfast**

Day 2

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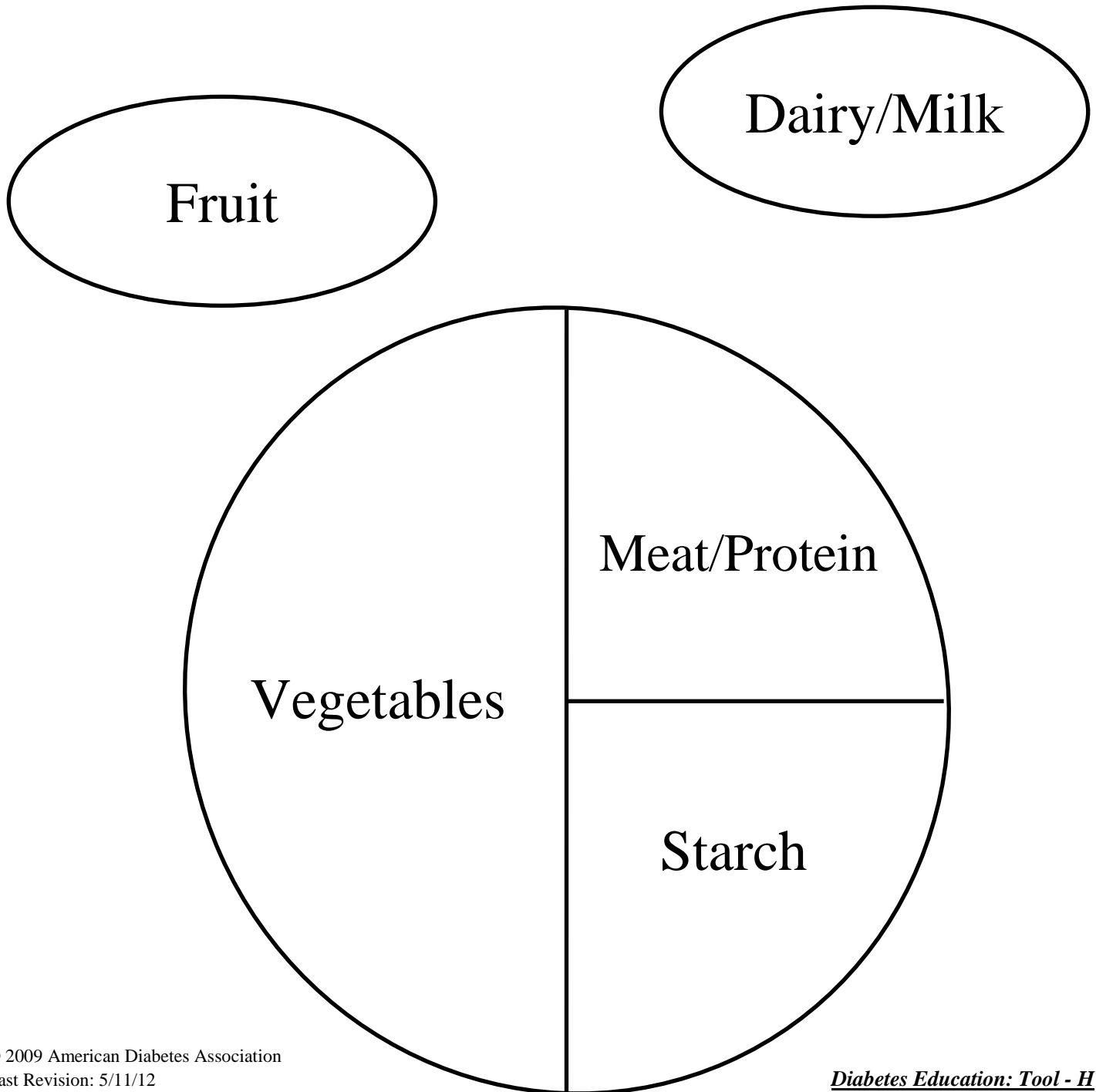
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**Date:**

**Meal: Lunch**

**Day 2**

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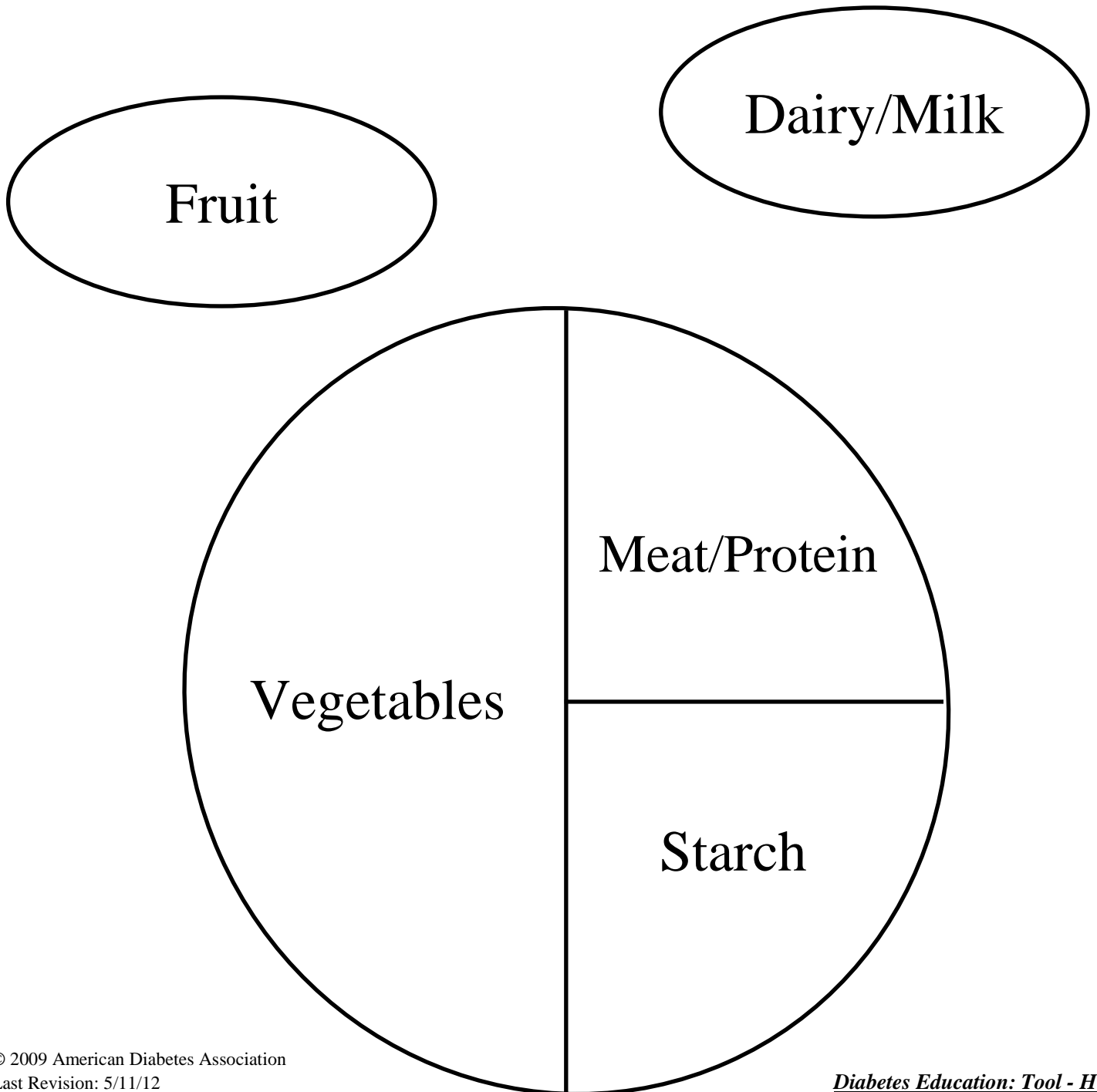
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**Date:**

**Meal: Dinner**

**Day 2**

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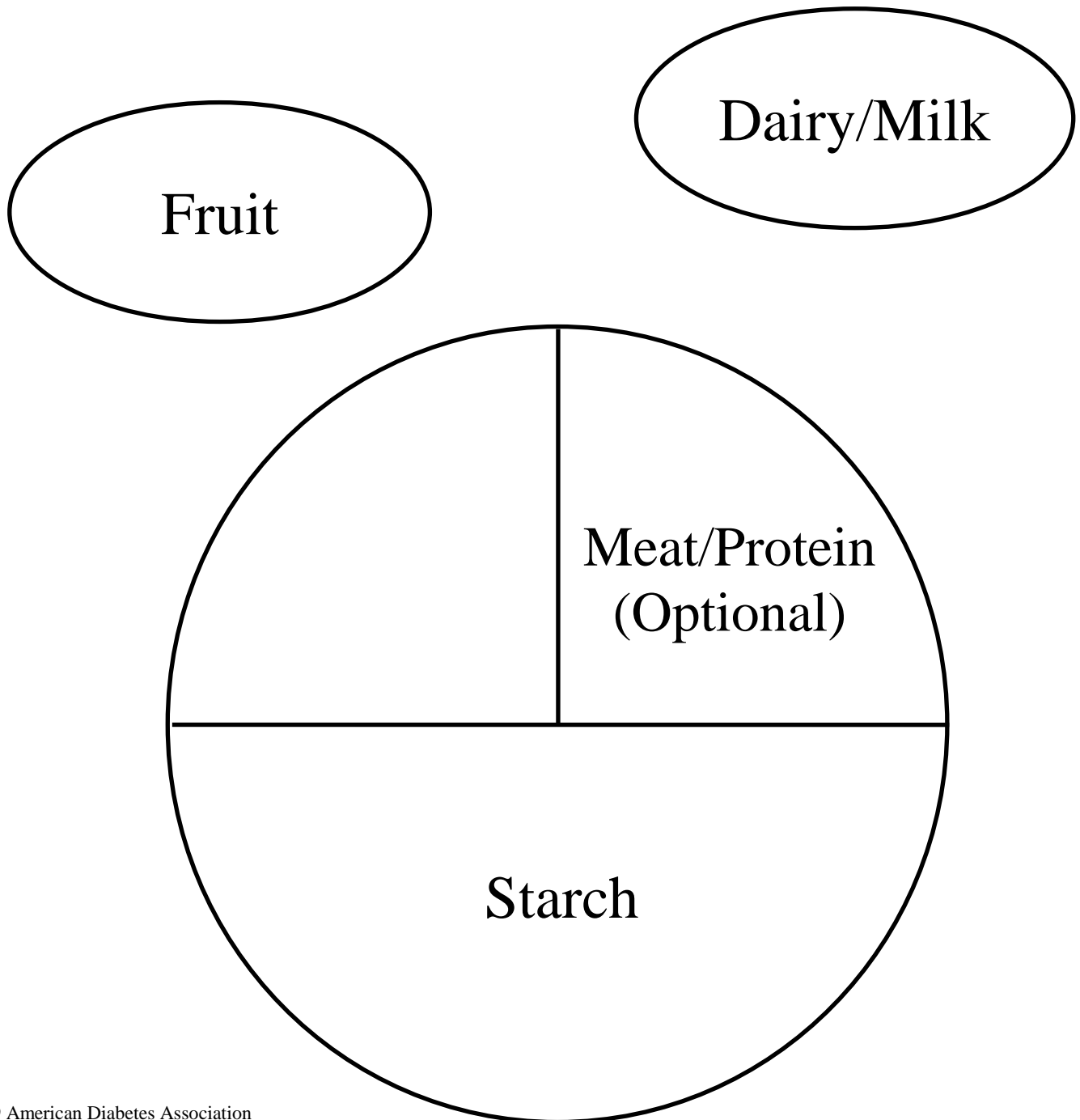
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**Date:**

**Meal: Breakfast**

**Day 3**

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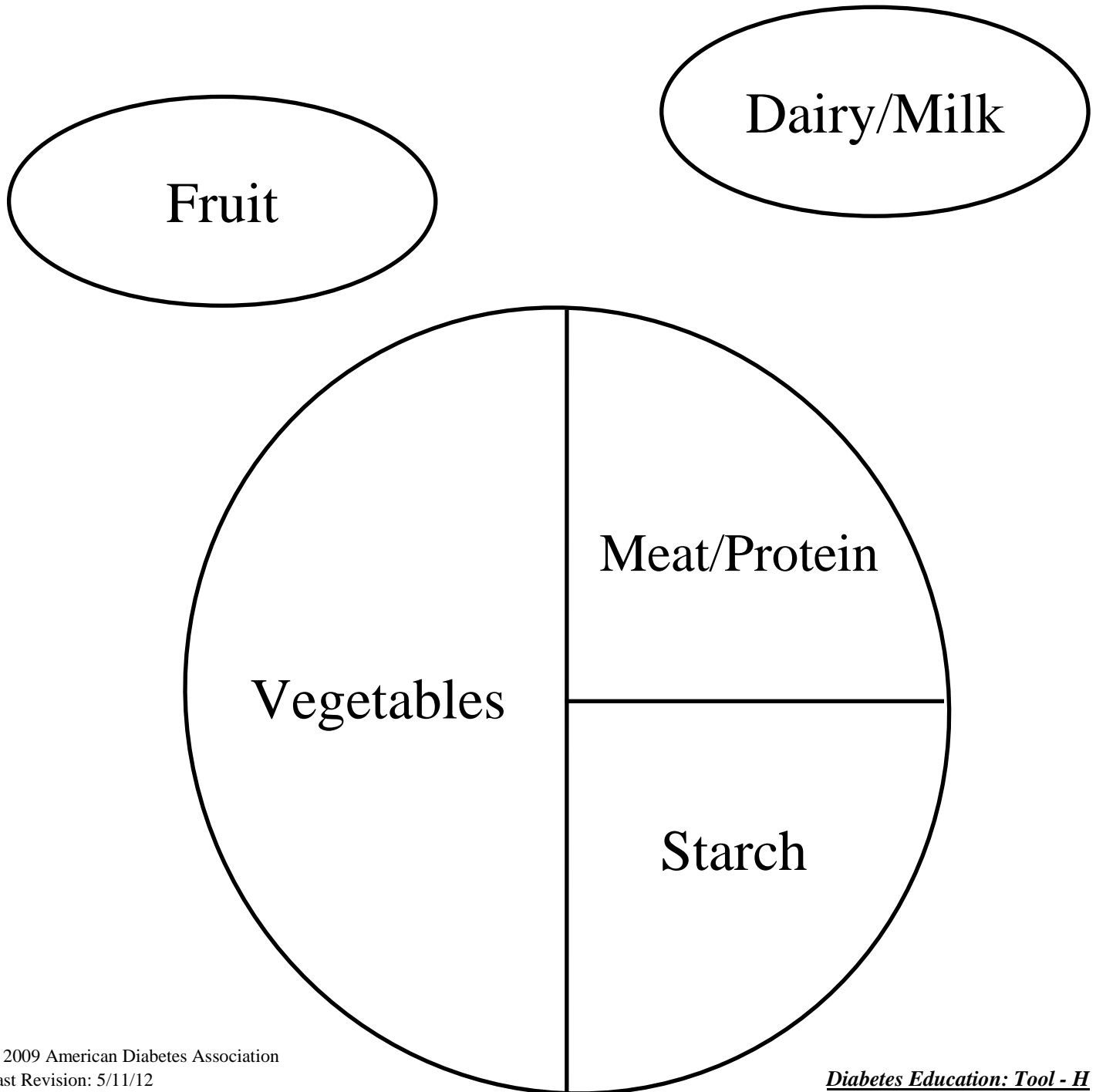
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**Date:**

**Meal: Lunch**

**Day 3**

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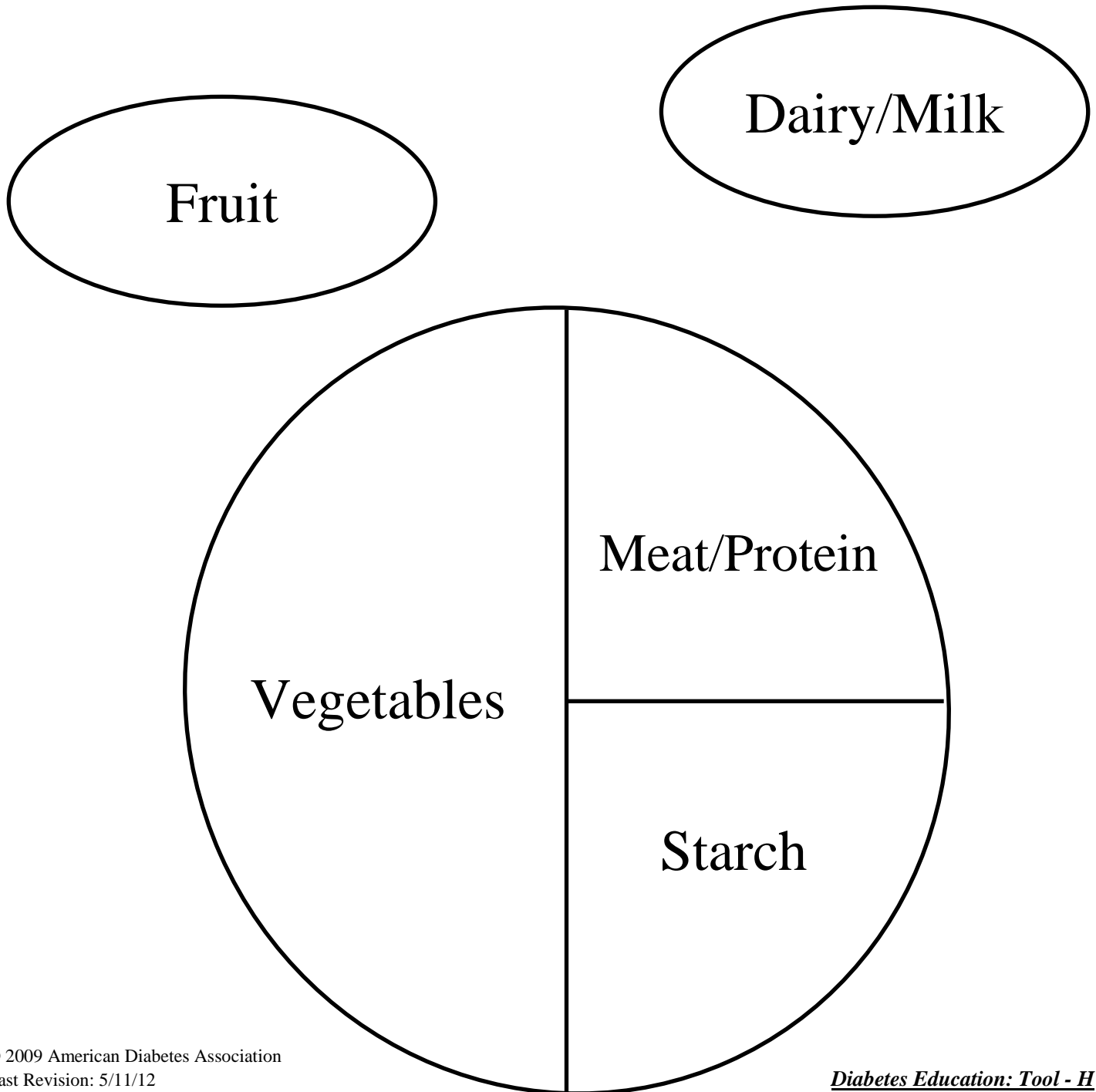
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**Date:**

**Meal: Dinner**

**Day 3**

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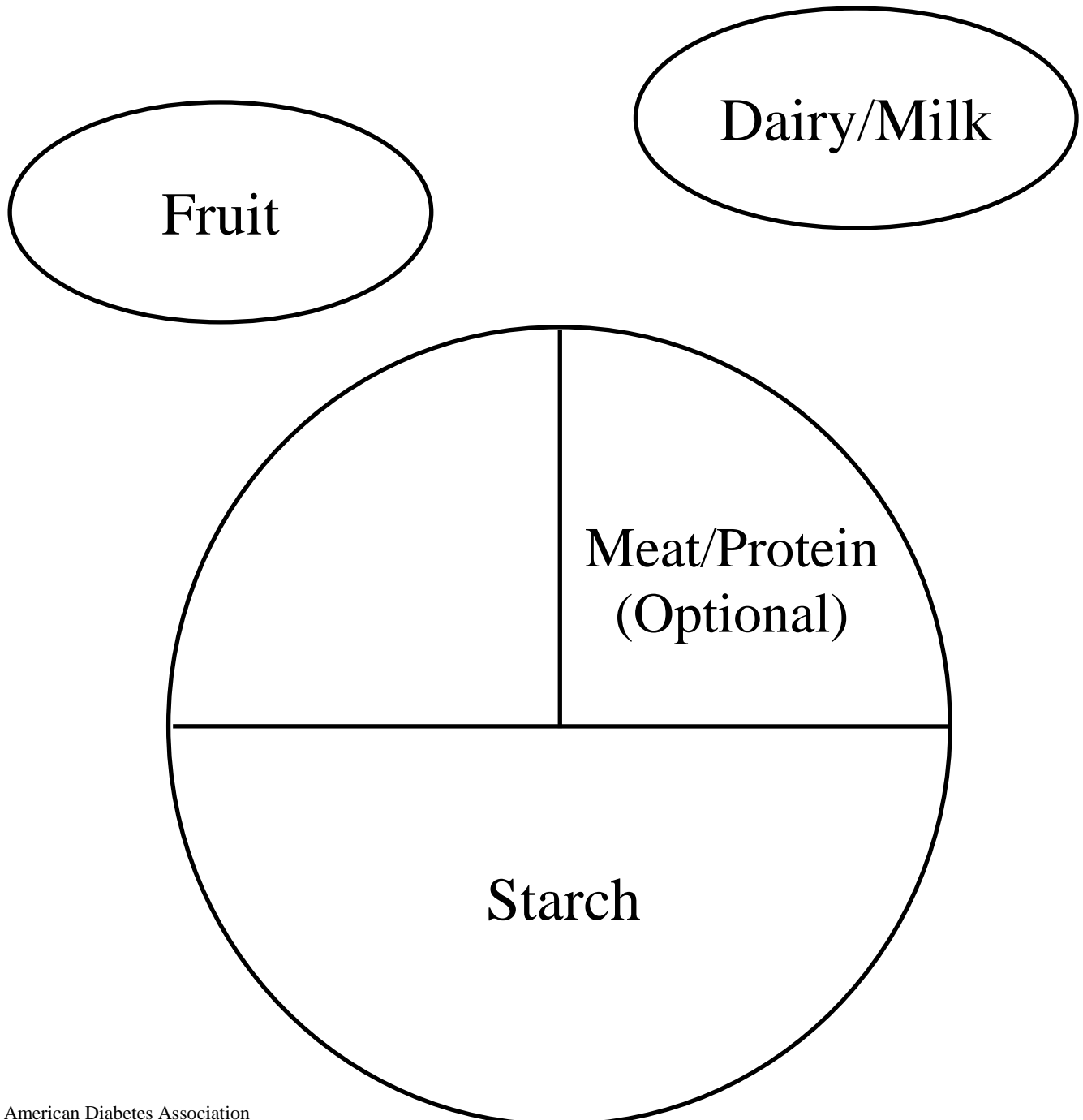
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**Date:**

**Meal: Breakfast**

**Day 4**

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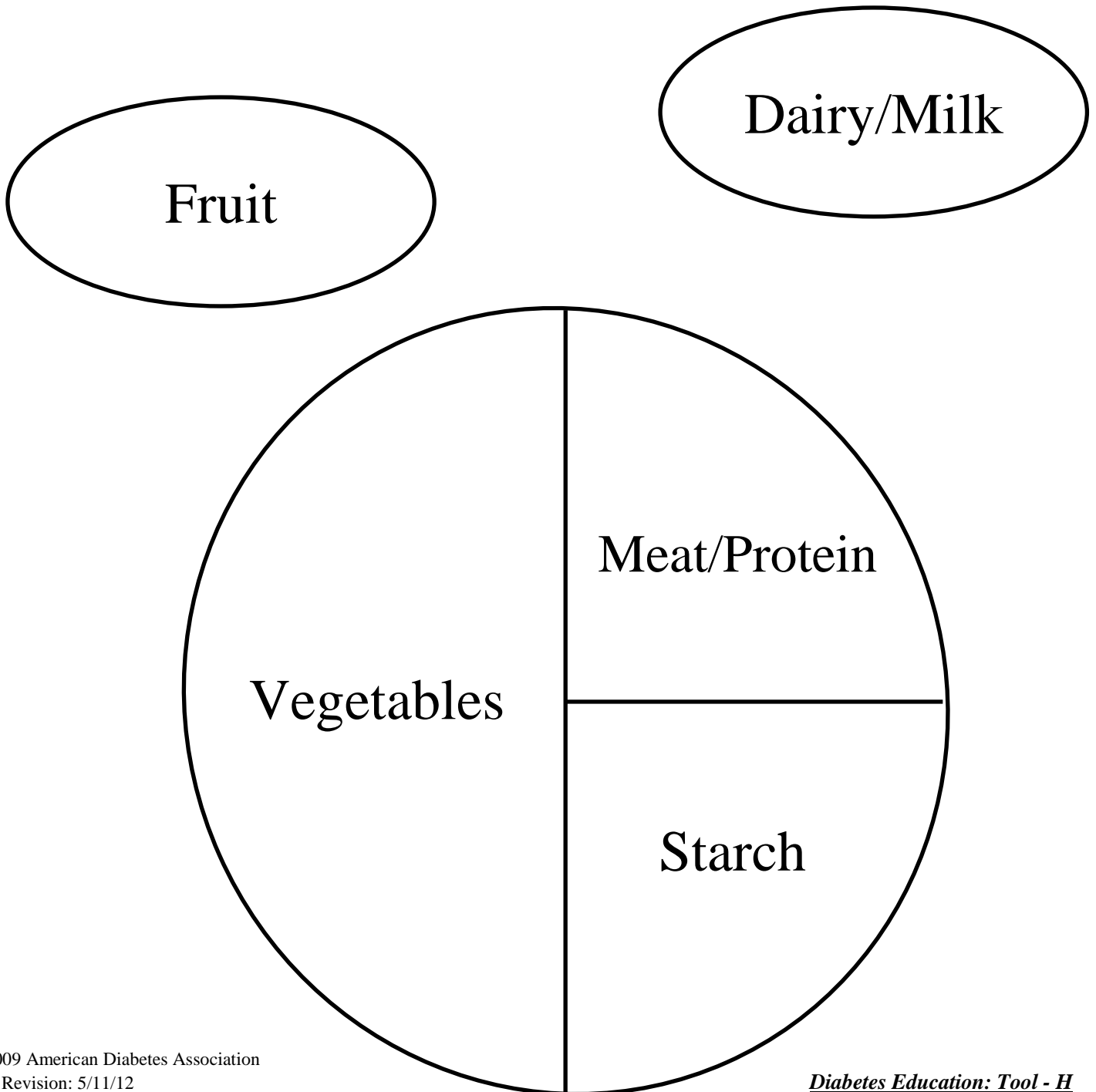
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Date:

Meal: **Lunch**

Day 4

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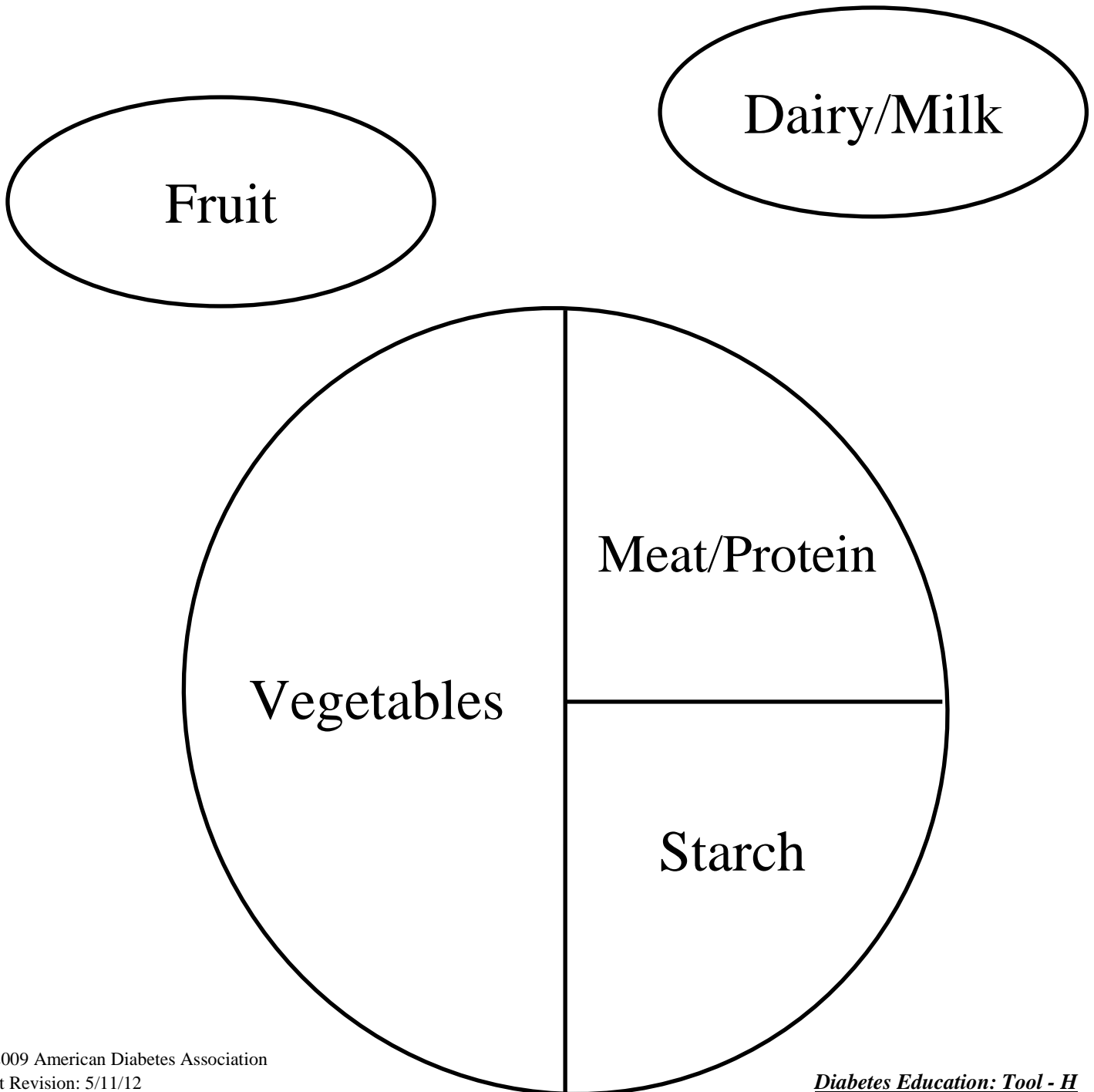
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Date:

Meal: **Dinner**

Day 4

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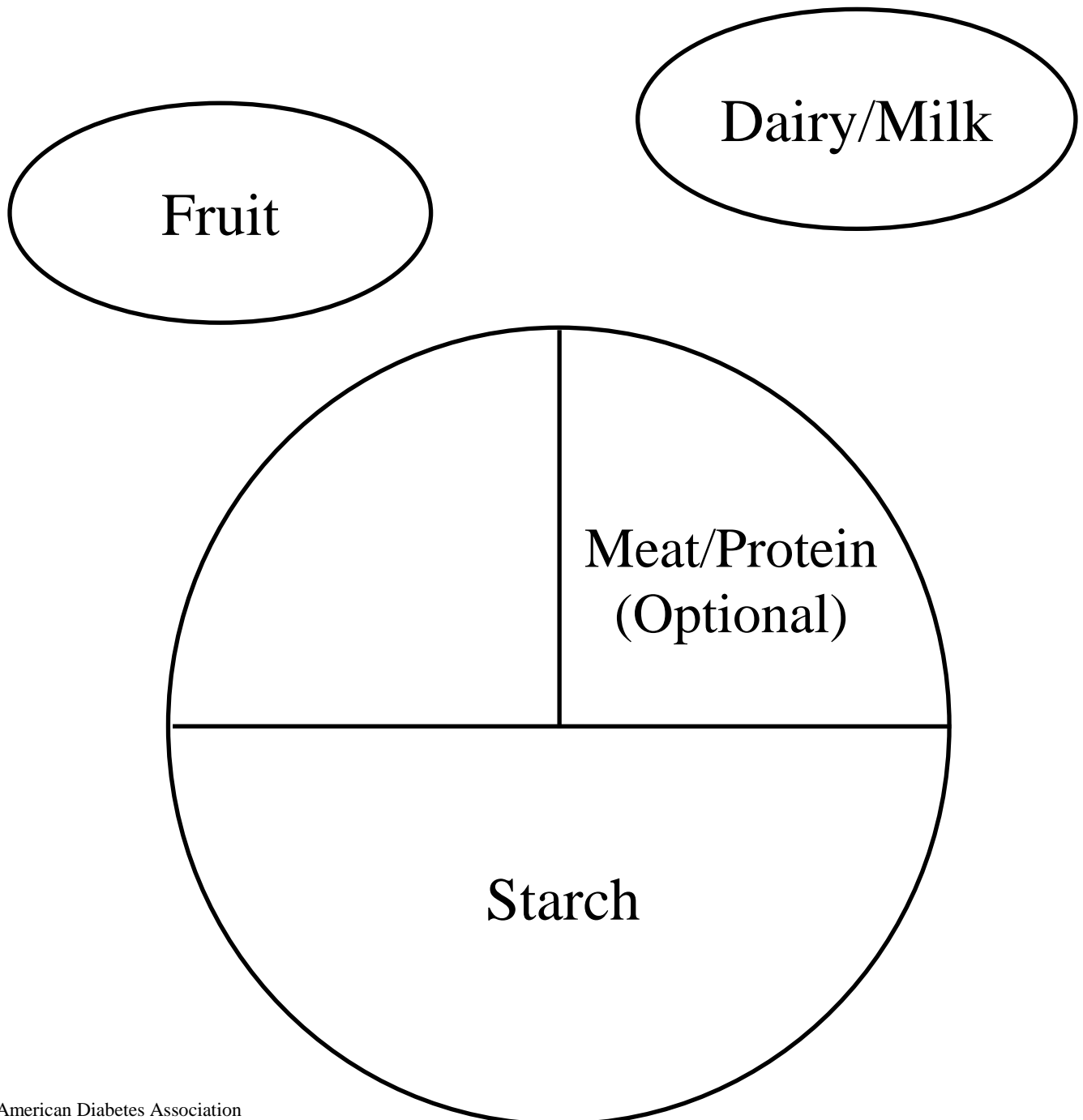
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**Date:**

**Meal: Breakfast**

**Day 5**

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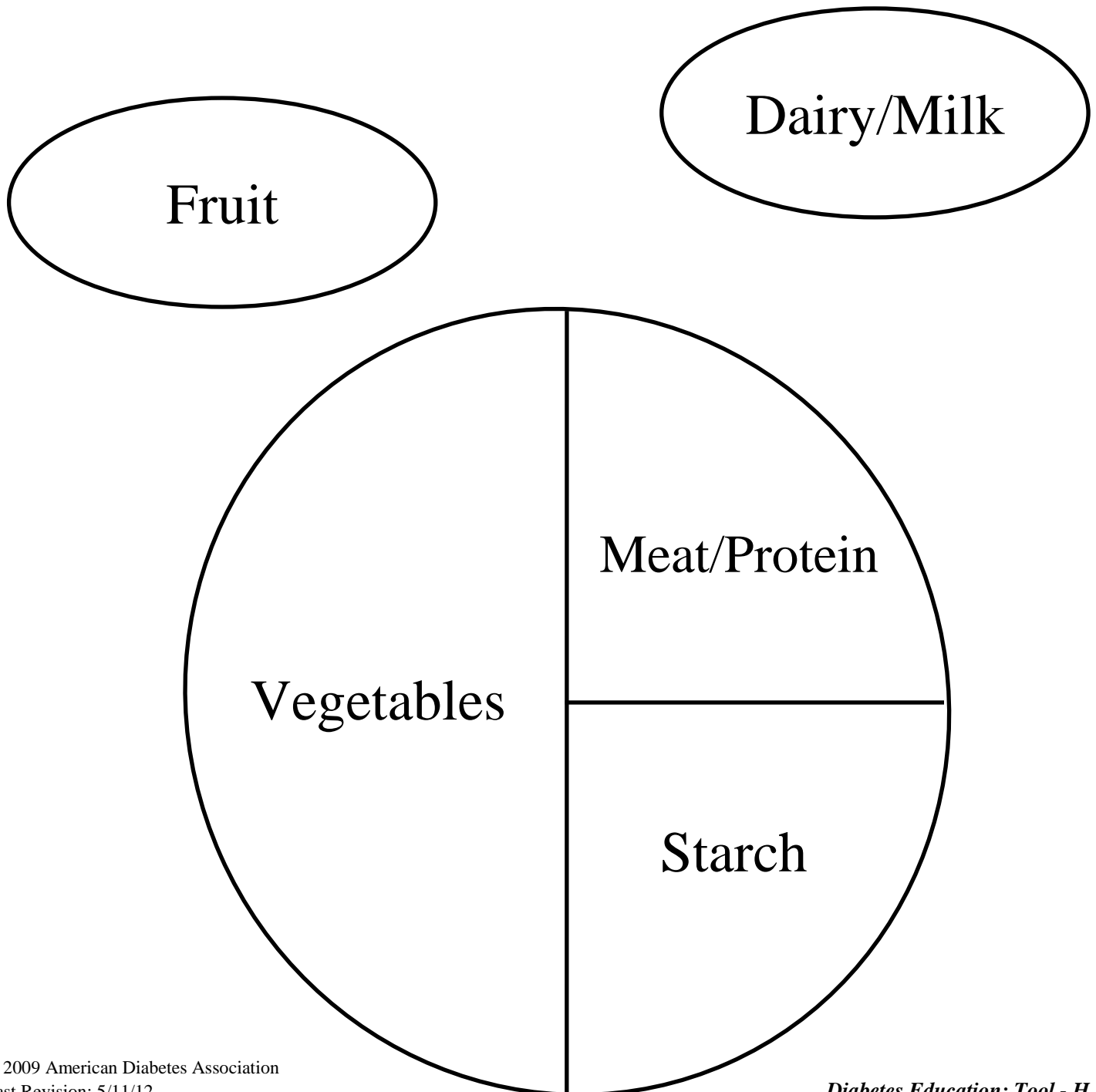
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**Date:**

**Meal: Lunch**

**Day 5**

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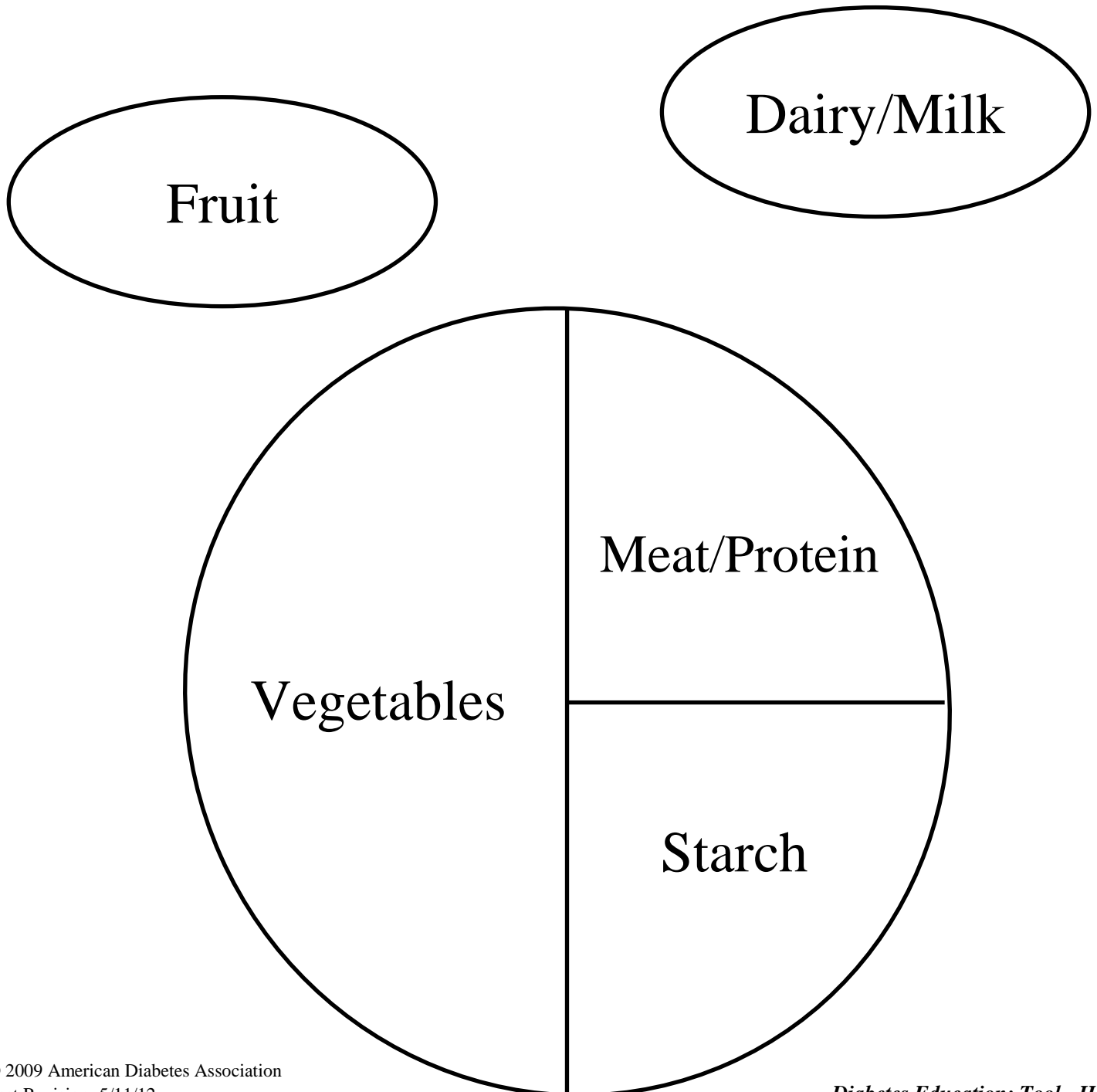
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**Date:**

**Meal: Dinner**

**Day 5**

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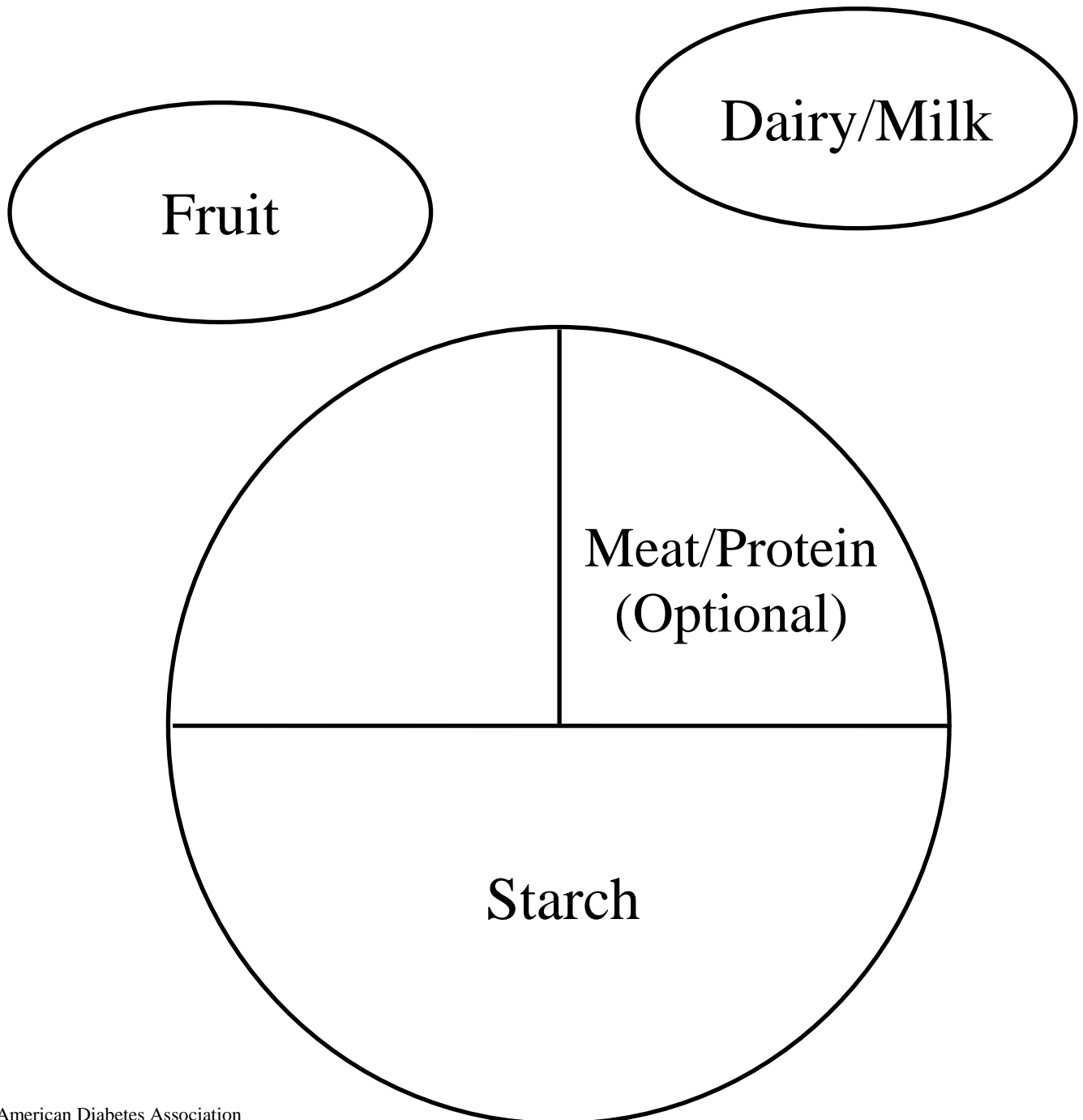
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**Date:**

Meal: **Breakfast**

Day 6

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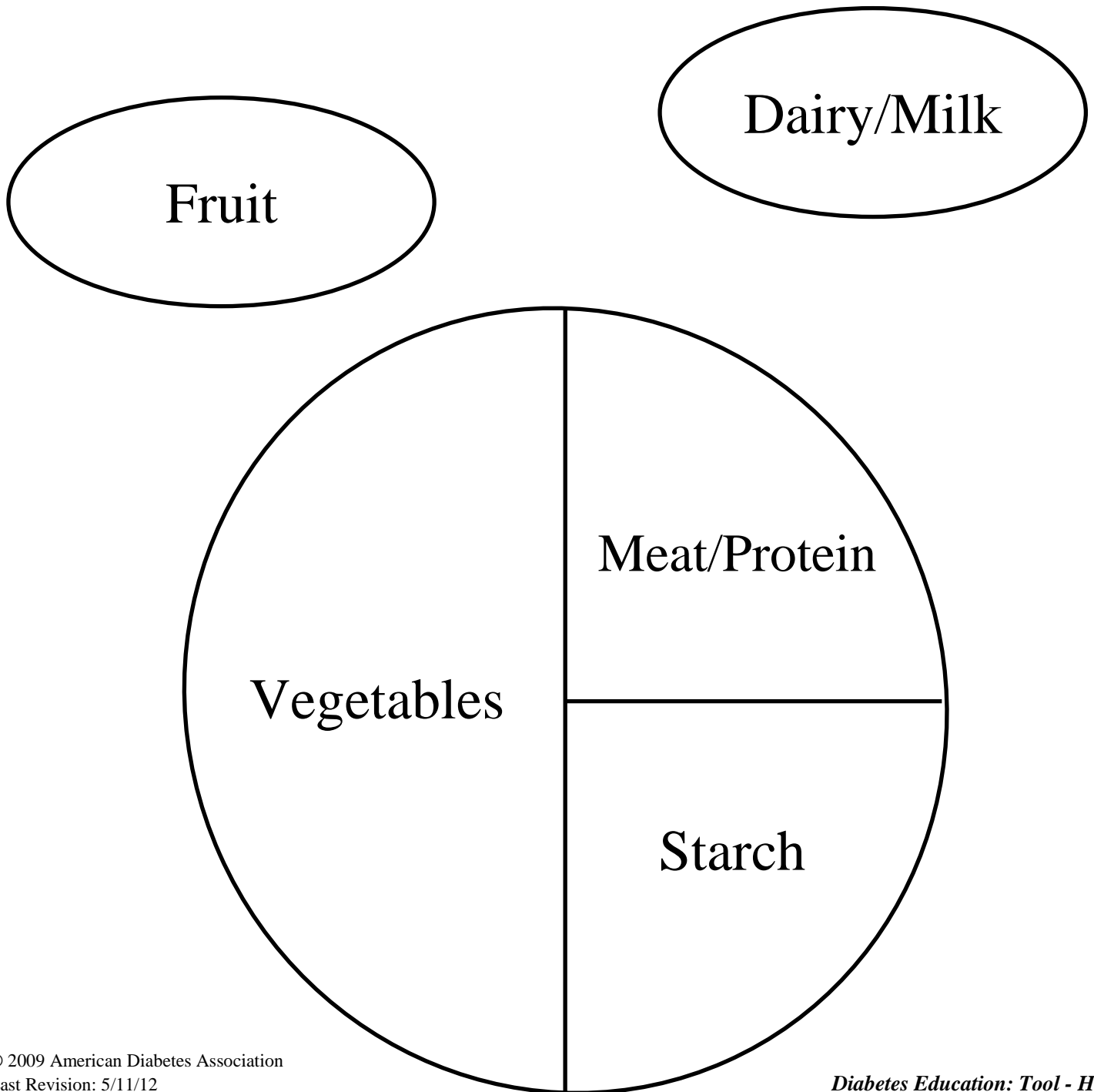
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**Date:**

**Meal: Lunch**

**Day 6**

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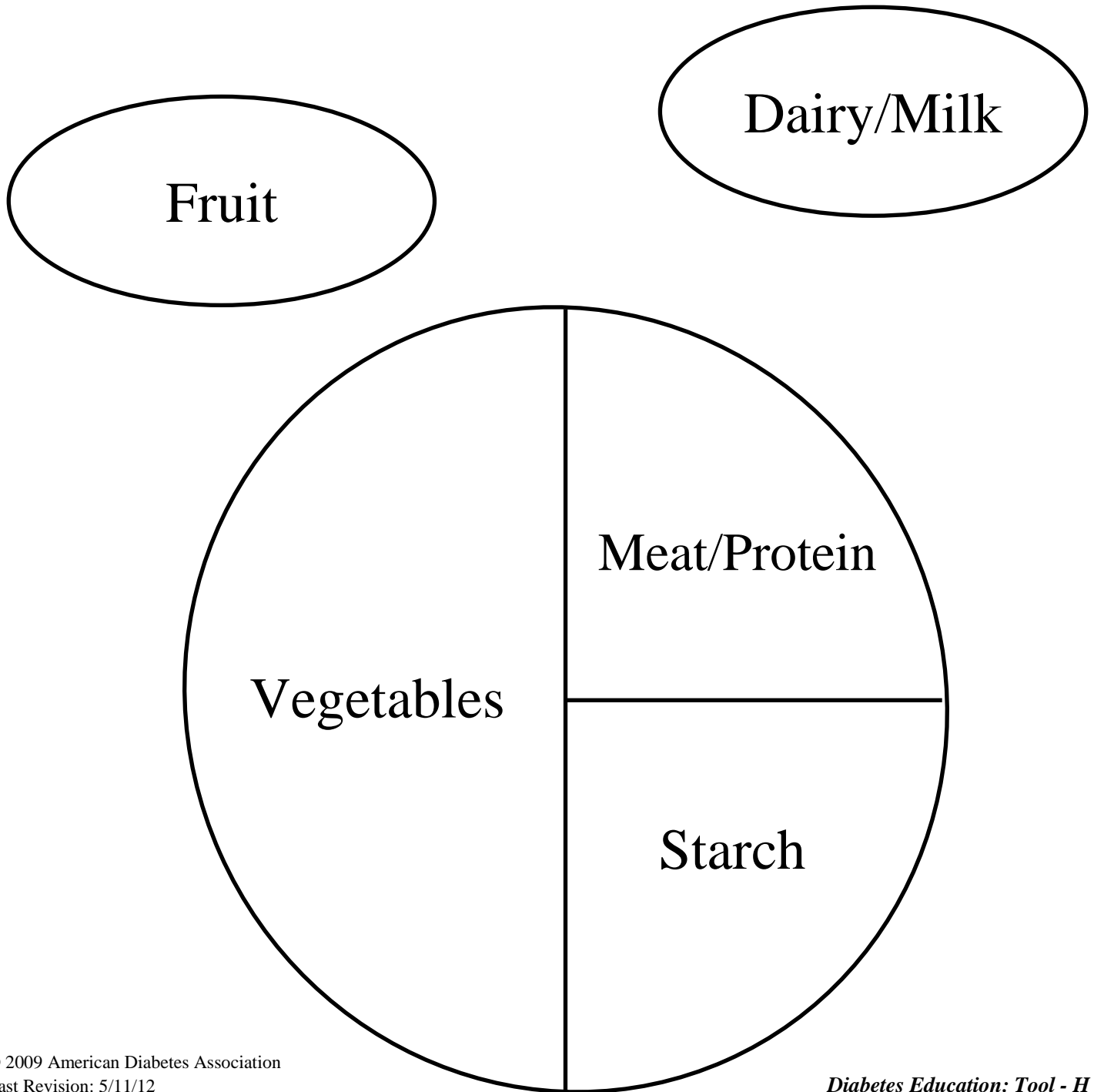
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**Date:**

**Meal: Dinner**

**Day 6**

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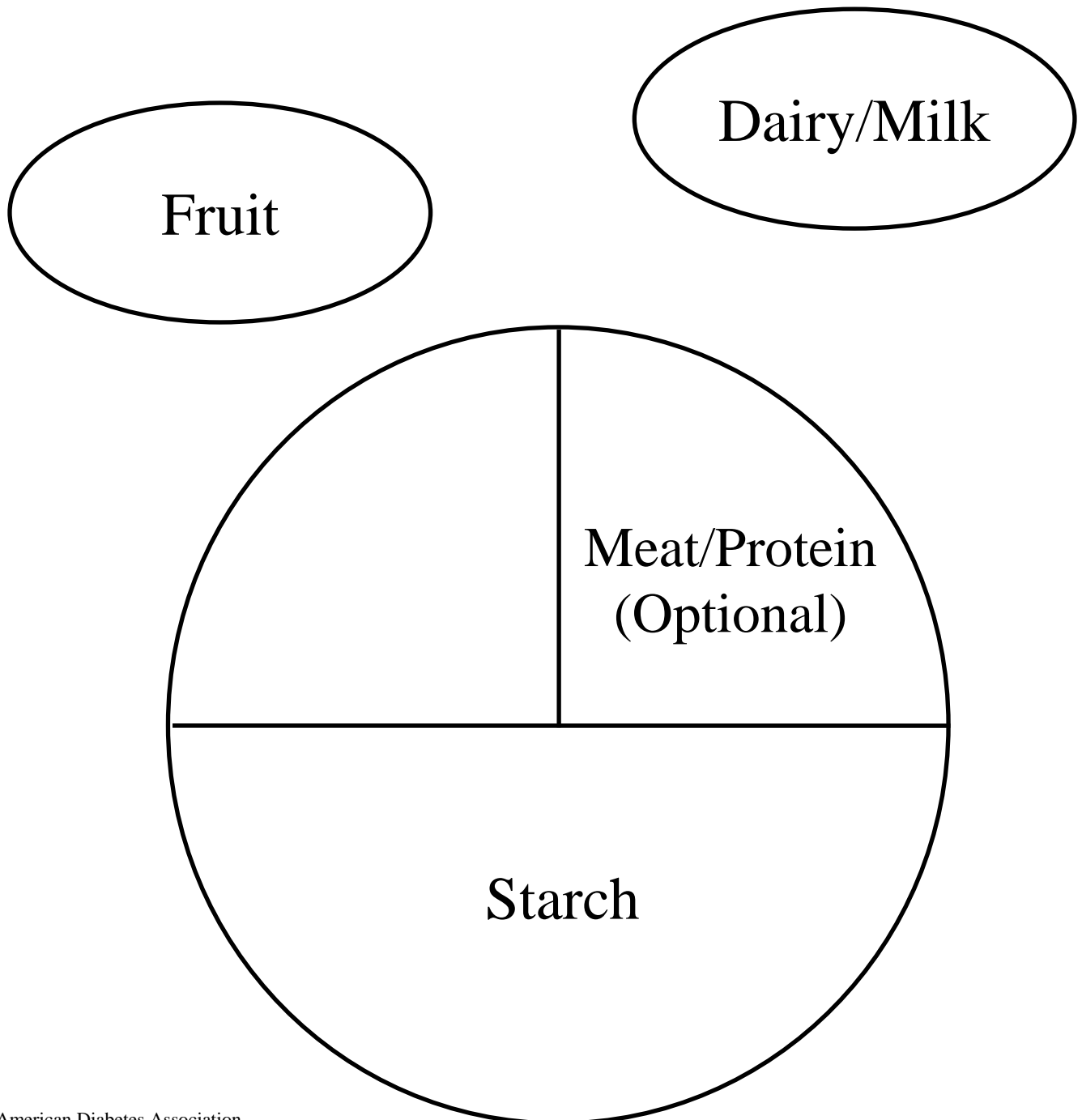
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**Date:**

**Meal: Breakfast**

**Day 7**

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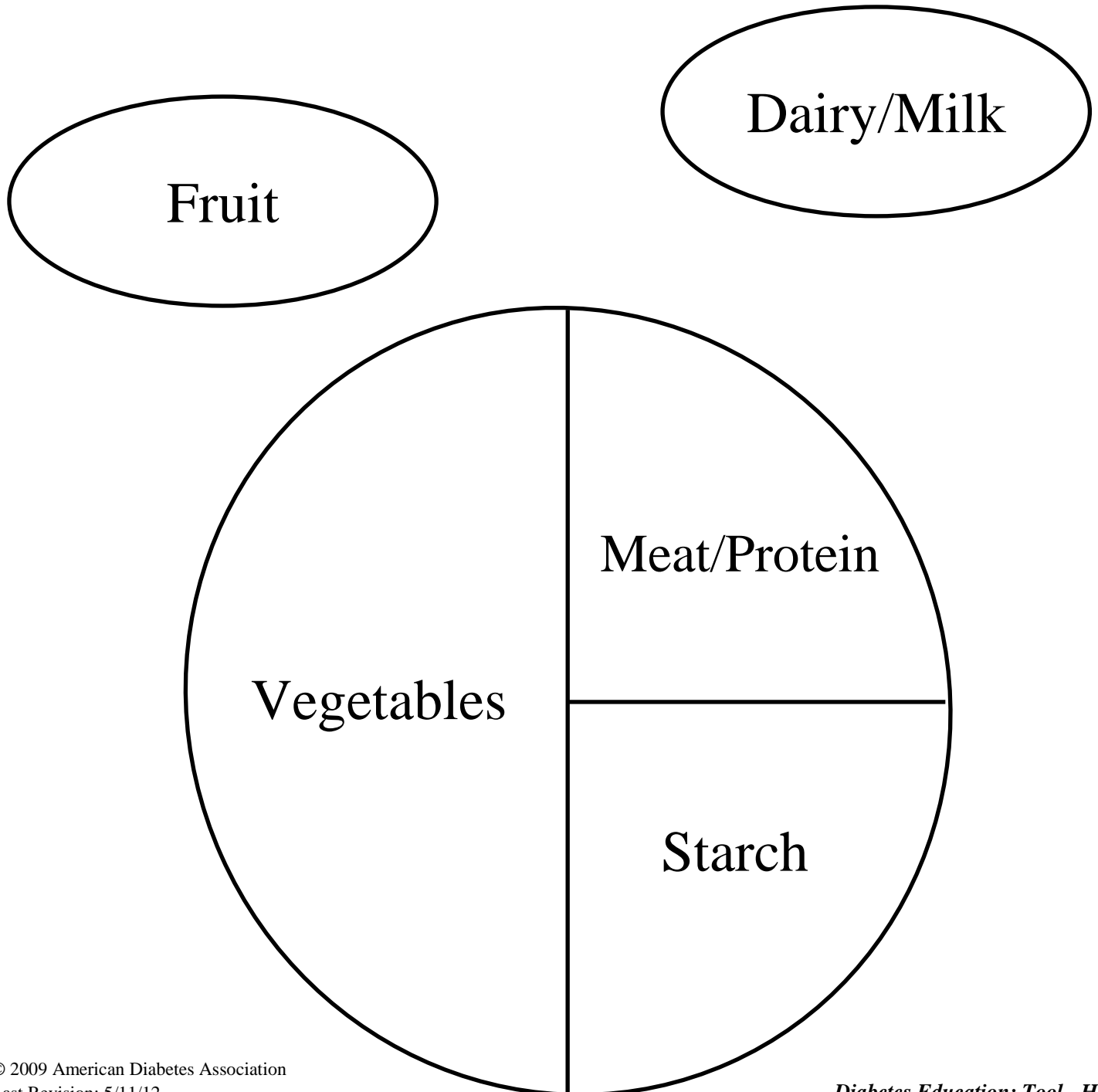
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**Date:**

**Meal: Lunch**

**Day 7**

**Page 2 of 3**



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**Date:**

**Meal: Dinner**

**Day 7**

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