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

Dairy/Milk

Fruit

Meat/Protein (Optional)

Starch
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: Lunch**

- **Fruit**
- **Dairy/Milk**
- **Meat/Protein**
- **Starch**
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: Dinner

Day 1

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Dinner

Fruit

Dairy/Milk

Meat/Protein

Vegetables

Starch
**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**

- **Fruit**
- **Dairy/Milk**
- **Meat/Protein (Optional)**
- **Starch**
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.

Meal: Lunch

Date:

Day 2

Page 2 of 3
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: Dinner

Day 2  Page 3 of 3
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.
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Meal: Lunch

Date: Day 3 Page 2 of 3
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: Dinner

Day 3

Page 3 of 3
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 4

Page 1 of 3
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.

Meal: Lunch

Date:

Day 4

Page 2 of 3
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: Dinner

Day 4

Page 3 of 3
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 5  

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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: Lunch

Day 5
Page 2 of 3
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: Dinner

Day 5

Page 3 of 3
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 6
Page 1 of 3
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: Lunch

Day 6

Page 2 of 3
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: Dinner  Day 6  Page 3 of 3
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 7

Page 1 of 3
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: Lunch

Day 7

Page 2 of 3

Fruit

Dairy/Milk

Meat/Protein

Vegetables

Starch
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: Dinner

Day 7

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