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: Breakfast

Date:

Day 1 Page 1 of 3

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.

Date:

Meal: Lunch

Day 1

Page 2 of 3

Fruit

Dairy/Milk

Vegetables

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

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 2

Page 1 of 3

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.

Date:

Meal: Lunch

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.
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 3
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 3

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 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

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.

Date:

Meal: Lunch

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

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 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

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.

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.
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
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  Page 3 of 3