






MyPlate Worksheet



Meal Type

A day on the plate of _____

Breakfast	_____	_____	_____	_____	_____
Morning Snack	_____	_____	_____	_____	_____
Lunch	 Protein Chicken, Salmon, Steak	 Veggies Peppers, Onions, Tomatoes, Zucchini, Greek Salad	 Grains Quinoa	 Dairy Feta Cheese	 Oil Olives
Afternoon Snack	_____	_____	_____	_____	_____
Dinner	_____	_____	_____	_____	_____

Physical Activity: _____

MyPlate Worksheet



Meal Type

A day on the plate of SAMPLE

Breakfast	 1% low-fat milk	 Multigrain cereal	 Banana	Coffee	Water
Morning Snack	 Greek yogurt	 Frozen blueberries	Water		
Lunch	 3 slices of ham	 2 slices of whole-grain bread	 Lettuce & tomatoes	 Baby carrots	Water
Afternoon Snack	 Apples	 Peanut butter	 Celery	Water	
Dinner	 Grilled chicken	 Whole-wheat pasta	 Marinara sauce	 Steamed broccoli	 Parmesan cheese

Physical Activity: Walked my dog