## MyPlate Menu Worksheet



меаг гуре	A day	on the plate of _			
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					
Dinner					
Water Consumed:		Sleep:			
Physical Activity			-		



## MyPlate Menu Worksheet



Meal Type	A day on the plate of	SAMPLE
<b>.</b> .		

Breakfast	Dairy 1% low-fat milk	Grains  Multigrain cereal	Fruits Banana	Coffee	Water		
Morning Snack	Dairy  Greek yogurt	Fruits Frozen blueberries	Water				
Lunch	Protein  3 slices of ham	Grains  2 slices whole-grain bread	Veggies  Lettuce & tomatoes	Veggies  Baby carrots	Water		
Afternoon Snack	Fruits Apples	Protein Peanut butter	Veggies Celery	Water			
Dinner	Protein  Grilled chicken	Grains Whole-wheat pasta	Veggies  Marinara sauce	Veggies Steamed broccoli	Dairy Parmesan cheese		
Water Consumed: 8 cups		Sleep:	7 hours				
Physical Activity: Walked my dog							