

# MyPlate Menu Worksheet



**Meal Type**

A day on the plate of \_\_\_\_\_

|                    |       |       |       |       |       |
|--------------------|-------|-------|-------|-------|-------|
| Breakfast          | _____ | _____ | _____ | _____ | _____ |
| Morning<br>Snack   | _____ | _____ | _____ | _____ | _____ |
| Lunch              | _____ | _____ | _____ | _____ | _____ |
| Afternoon<br>Snack | _____ | _____ | _____ | _____ | _____ |
| Dinner             | _____ | _____ | _____ | _____ | _____ |

Water Consumed: \_\_\_\_\_ Sleep: \_\_\_\_\_


Physical Activity: \_\_\_\_\_

# MyPlate Menu Worksheet



**Meal Type**

A day on the plate of                      **SAMPLE**                     

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

Water Consumed:                      8 cups                      Sleep:                      7 hours                     

Physical Activity:                      Walked my dog