

# PLAN MEALS FOR A DAY

WITH ALL 5 FOOD GROUPS

---

## Breakfast

Include at least  
3 food groups

Grain =

Dairy =

Fruit =

---

## AM Snack

Include at least  
2 food groups

Vegetable =

Dairy =

---

## Lunch

Include at least  
3 food groups

Vegetable =

Protein =

Grain =

Fruit =

---

## PM Snack

Include at least  
2 food groups

Fruit =

Dairy =

---

## Dinner

Include at least  
3 food groups

Vegetable =

Grain =

Protein =

---

