

**Create a plan to build balanced Myplate meals. For a personalized plan go to**

**<https://www.myplate.gov/myplate-plan>** 



**My plan recommends:**

fruit \_\_\_\_\_ servings per day  
vegetables \_\_\_\_\_ servings per day  
protein \_\_\_\_\_ servings per day  
grains \_\_\_\_\_ servings per day  
dairy \_\_\_\_\_ servings per day

**Now create your meal plan. What meals could you eat to help you reach your Myplate goals?**

ex: lunch - whole grain bread (grain) with peanut butter (protein) and banana slices (fruit) , yogurt (dairy), carrot sticks (vegetable)

**breakfast ideas**

**lunch ideas**

**dinner ideas**



**THE W.E.L.L. CLINIC**

by Children's Primary Care Medical Group