

# Build a Healthy Meal with MyPlate



Date: \_\_\_\_\_

**Meal 1**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

**Meal 2**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

**Meal 3**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

**Meal 4**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_