

# Map Your Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> Pick at least 3 <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein							
<b>Lunch</b> Pick at least 3 <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein							
<b>Dinner</b> Pick at least 3 <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein							
<b>Snacks</b> Pick at least 2 <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein							
<b>EXAMPLE: Lunch</b> Pick at least 3 <input checked="" type="checkbox"/> Vegetables <input checked="" type="checkbox"/> Fruits <input checked="" type="checkbox"/> Grains <input checked="" type="checkbox"/> Dairy <input checked="" type="checkbox"/> Protein	2 oz. tuna on 1 slice of whole grain toast	Green salad with 1 cup chopped veggies	Plain yogurt with 1/4 cup berries				