

Map Your Meal Plan

	Monday	Tuesday	Wednesday
Breakfast <i>Pick at least 3</i> <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein			
Lunch <i>Pick at least 3</i> <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein			
Dinner <i>Pick at least 3</i> <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein			
Snacks <i>Pick at least 2</i> <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruits <input type="checkbox"/> Grains <input type="checkbox"/> Dairy <input type="checkbox"/> Protein			
EXAMPLE: Lunch <i>Pick at least 3</i> <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		

Thursday	Friday	Saturday	Sunday