

EAT RIGHT, YOUR WAY, EVERY DAY with MyPlate

Meal Planning Tool

Apple
Orange
Banana

Choose foods from
the outside and
place them here!

Steel Cut Oats
Quinoa
Brown Rice

Dairy

Milk
Cheese
Yogurt

Write in
your
favorite
foods on
blank lines.

Fruits

Grains

Vegetables

Protein

Or, write in
your own!

Broccoli
Asparagus
Spinach

Salmon
Beans
Ground Turkey



Choose **MyPlate.gov**
EatRight.org/nnm