

# 3-DAY MEAL PLAN

WITH ALL 5 FOOD GROUPS

Day 1

Day 2

Day 3

**Breakfast**  
Include at least 3 food groups

Grain =  
Dairy =  
Fruit =

Vegetable =  
Protein =  
Grain =

Fruit =  
Grain =  
Dairy =

**AM Snack**  
Include at least 2 food groups

Vegetable =  
Dairy =

Fruit =  
Dairy =

Fruit =  
Dairy =  
Grain =

**Lunch**  
Include at least 3 food groups

Vegetable =  
Protein =  
Fruit =  
Grain =

Fruit =  
Dairy =  
Grain =

Vegetable =  
Protein =  
Grain =

**PM Snack**  
Include at least 2 food groups

Fruit =  
Dairy =

Vegetable =  
Grain =

Vegetables =  
Grain =  
Protein =

**Dinner**  
Include at least 3 food groups

Vegetable =  
Protein =  
Grain =

Vegetable =  
Protein =  
Grain =

Vegetables =  
Protein =  
Grain =

