

# My Meal Plan

Use this handout to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review the *Recommended Cups of Fruits and Vegetables for Adults* handout or visit [www.mypyramid.gov](http://www.mypyramid.gov) to find out how many cups of fruits and vegetables you need for your plan. Under each meal and snack, list all the foods that you would eat. Remember to include at least one fruit or vegetable with each meal. You do not have to plan all 3 snacks. When you finish your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them, and make sure you are getting the recommended amount for good health.

## Meals

## Snacks

|                   |                         |
|-------------------|-------------------------|
| <b>BREAKFAST:</b> | <b>MORNING SNACK:</b>   |
| <b>LUNCH:</b>     | <b>AFTERNOON SNACK:</b> |
| <b>DINNER:</b>    | <b>EVENING SNACK:</b>   |