

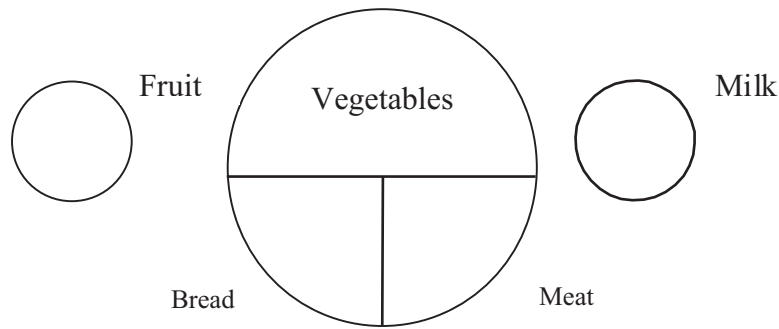
Meal Planning Worksheet

Handout 2

Daily Number Needed	
Fruits (cups)	_____
Vegetables (cups)	_____
Grains (oz)	_____
Milk (cups)	_____
Meats and Beans (oz)	_____

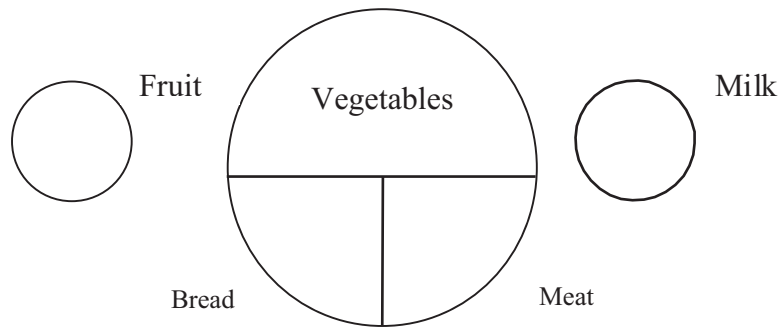
Plan three typical meals and two snacks that will meet your needs.

Breakfast



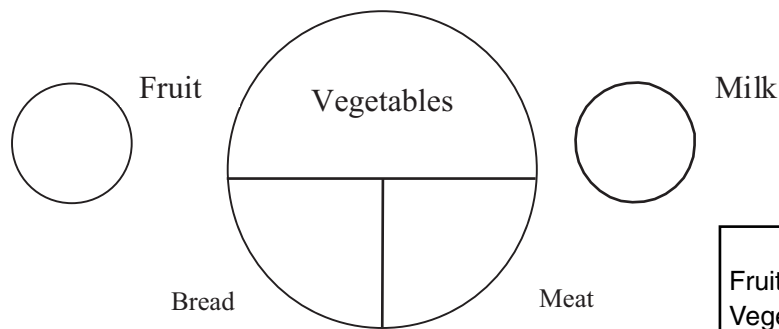
Snack

Lunch



Snack

Dinner



Number Planned	
Fruits (cups)	_____
Vegetables (cups)	_____
Grains (oz)	_____
Milk (cups)	_____
Meats and Beans (oz)	_____

Did you include a variety of vegetables (dark green, orange, beans or peas)?

Prepared by Rosemary Robibaugh, Ph.D., R.D., L.D., Professor - Nutrition Specialist, University of Arkansas Division of Agriculture, Cooperative Extension Service. rrodibaugh@uaex.edu.