



Nutrition Counseling Services LLC

MyPlate Meal Planning Challenge

Purpose Statement: The purpose of this challenge is to learn how to plan healthy meals using MyPlate (www.choosemyplate.gov).

Challenge Steps:

- A. Using MyPlate as a guide, plan a one-week menu using the Weekly Meal Planning Calendar below. The goal is to strive to have one (1) serving from each food group at each meal, for most meals.



- B. Follow the menu for one week.
- C. Was the menu helpful in following a healthy eating plan? _____

Return this sheet and a copy of your menu by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____

Weekly Menu Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast ___ Grain ___ Meat ___ Fruit ___ Veg ___ Dairy ___ Fat							
Snack ___ ___							
Lunch ___ Grain ___ Meat ___ Fruit ___ Veg ___ Dairy ___ Fat							
Snack ___ ___							
Dinner ___ Grain ___ Meat ___ Fruit ___ Veg ___ Dairy ___ Fat							
Snack ___ ___							