



Name _____

Menu Worksheet

Using your knowledge of the food pyramid, write a 3-day meal plan for Greg including 3 meals a day, snacks, and beverages. Be sure that he gets enough from each food group each day. Under each day, list what Greg should eat and drink for each of the meals and snack times (if Greg is to snack more than once a day please list each time separate).

Day 1

Breakfast

Lunch

Dinner

Snacks

Total Servings for Day 1:

Meats_____ Fruits_____ Vegetables_____ Dairy_____ Breads_____

Fats_____

Day 2

Breakfast

Lunch

Dinner

Snacks

Total Servings for Day 2:

Meats_____ Fruits_____ Vegetables_____ Dairy_____ Breads_____

Fats_____

Day 3

Breakfast

Lunch

Dinner

Snacks

Total Servings for Day 3:

Meats_____ Fruits_____ Vegetables_____ Dairy_____ Breads_____

Fats_____
