

Name: _____

Meal Planning

Behaviors like eating foods that are good for us make us healthier and happier. Here is a chart full of healthy foods that you can eat at each meal.

Breakfast	Eggs, whole grain toast, yogurt, fruits, orange juice, milk, whole grain cereal, oatmeal
Lunch	Salad, sandwich with meat and veggies, hummus and vegetables, fruits, milk, water, juice
Dinner	Meat, whole grain pasta, vegetables, fruits, whole grain rice, milk, water, juice

Time to plan your dream healthy meals! Use the chart above to create the perfect breakfast, lunch, and dinner for yourself. Remember, it needs to be healthy!

My healthy breakfast:

My healthy lunch:

My healthy dinner