

SUPER FOODS

Meal Planner

FRUIT



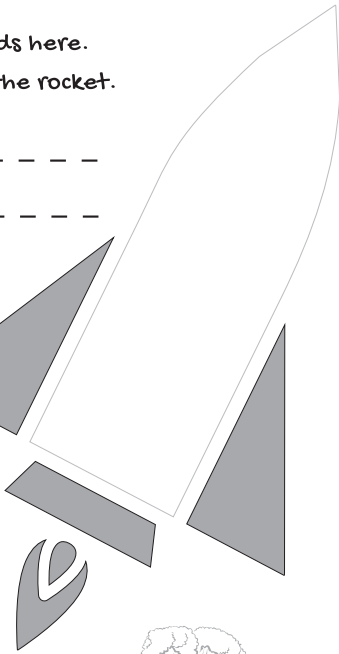
List some fruits here.



IDLE FOODS

List some idle foods here.

Draw one inside the rocket.



VEGGIES

List some veggies here.



MontanaBeefCouncil.org

DAIRY



List some dairy foods here.

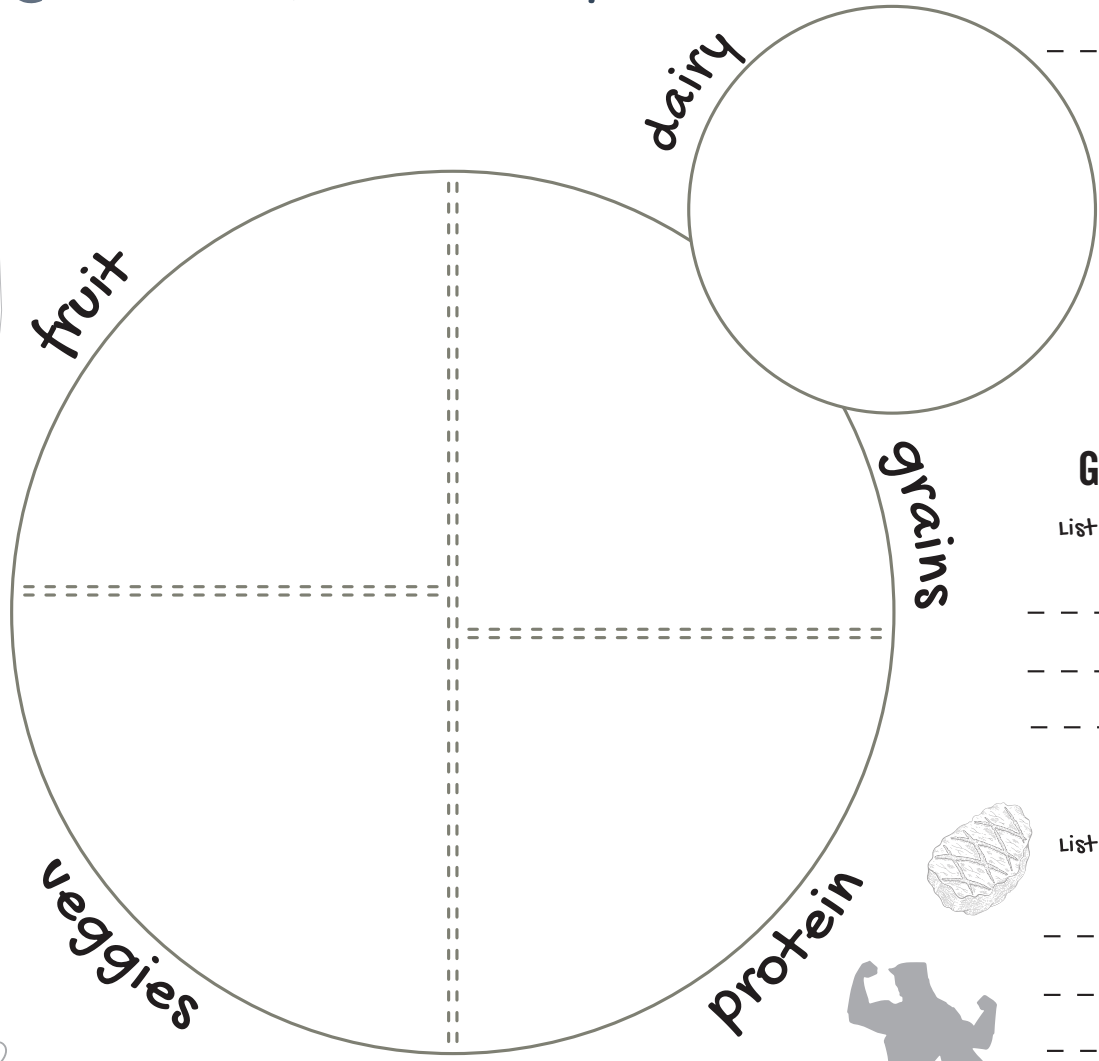
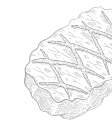


GRAINS & STARCHES

List some grains & starches here.

PROTEIN

List some protein foods here.



Draw your favorite foods
to create your own healthy plate.

NAME: -----