

MENU PLANNING, AGES 11-18

3 Day Menu Plan Using MyPlate as a guide, and social media as your recipe box, create a three-day menu with complete healthy meals.



DAY 1	DAY 2	DAY 3
Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner:
RECIPE LINKS:	RECIPE LINKS:	RECIPE LINKS:
Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner: