My Daily Meal Plan

**Breakfast**
- Fruit
- Bread/Starch
- Milk
- Meat/Protein

**Snack**

**Lunch**
- Fruit
- Bread/Starch
- Milk
- Meat/Protein

**Snack**

**Dinner**
- Fruit
- Bread/Starch
- Milk
- Meat/Protein

**Bedtime Snack:**

**Activities:**

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Sample Food Diary

**Breakfast**
- Fruit
- Bread/Starch
- Milk
- Meat/Protein

**Snack**

**Lunch**
- Fruit
- Bread/Starch
- Milk
- Meat/Protein

**Snack**

**Dinner**
- Fruit
- Bread/Starch
- Milk
- Meat/Protein

**Bedtime Snack:**

**Activities:**