



## FRUIT

List some fruits here.

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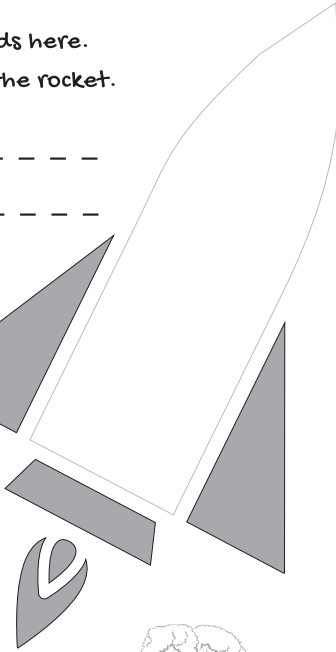


## IDLE FOODS

List some idle foods here.

Draw one inside the rocket.

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## VEGGIES

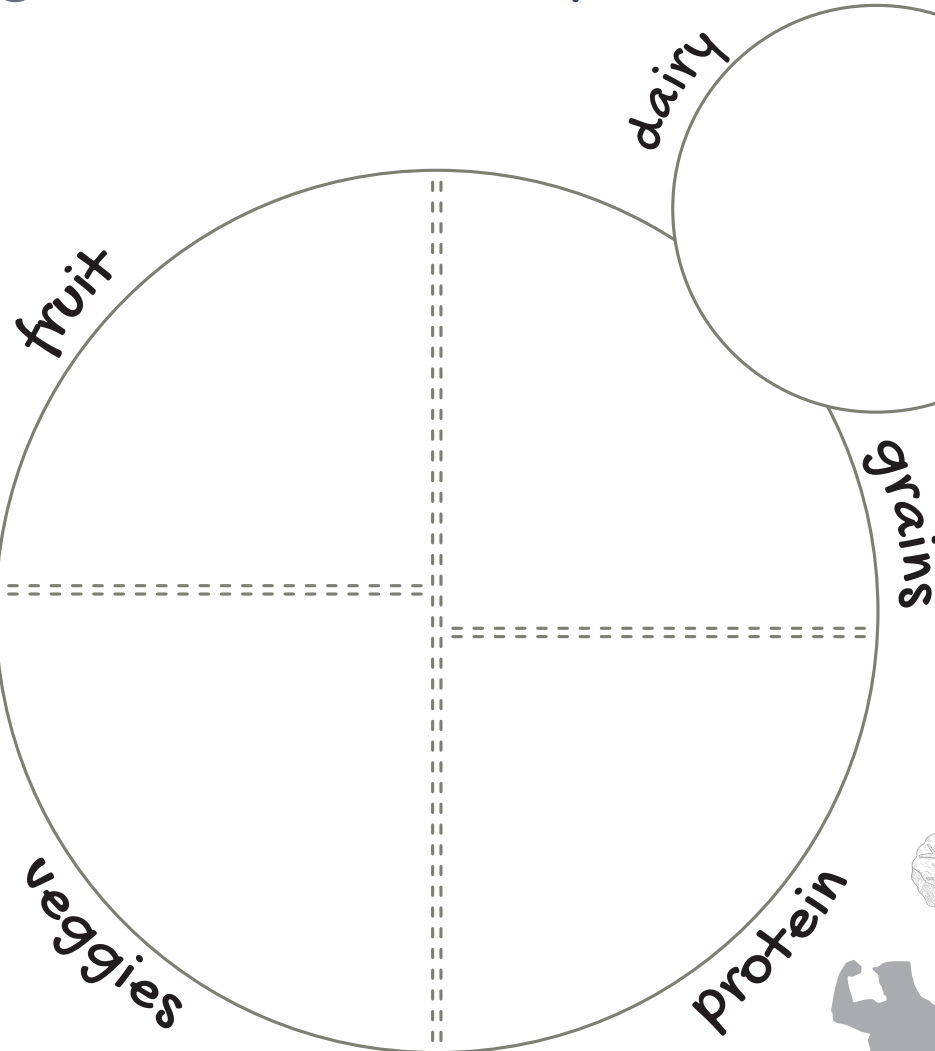
List some veggies here.

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# SUPER FOODS

## Meal Planner



## DAIRY

List some dairy foods here.



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## GRAINS & STARCHES

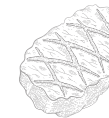
List some grains & starches here.

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## PROTEIN

List some protein foods here.

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Draw your favorite foods  
to create your own healthy plate.