



Kids Meal PLANNER








Today's mood:



My Favorite Food:

Date: _____

Meal Time	What Did I Eat Today?	Do I Like It or Not?
Breakfast 		
Morning Snack 		
Lunch 		
Afternoon Snack 		
Dinner 		

Today's Nutrition Checklist:



- Vegetable 
- Fruit 
- Carbohydrate 
- Protein 
- Water 

My favorite food picture today is here:

