

Food Group				
Grain 10 Ex: _____	Grain 10 Ex: _____	Vegetable 8 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____
Grain 10 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____
Vegetable 8 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Vegetable 8 Ex: _____	Grain 10 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Dairy 20 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____	Dairy 20 Ex: _____

Food Group				
Grain 10 Ex: _____	Grain 10 Ex: _____	Vegetable 8 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____
Grain 10 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____
Vegetable 8 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Vegetable 8 Ex: _____	Grain 10 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Dairy 20 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____	Dairy 20 Ex: _____

Food Group				
Dairy 20 Ex: _____	Protein 12 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____	Grain 10 Ex: _____
Protein 12 Ex: _____	Dairy 20 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____	Fruit 15 Ex: _____
Dairy 20 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Protein 12 Ex: _____
Protein 12 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Grain 10 Ex: _____
Vegetable 8 Ex: _____	Fruit 15 Ex: _____	Protein 12 Ex: _____	Vegetable 8 Ex: _____	Dairy 20 Ex: _____

Food Group				
Protein 12 Ex: _____	Dairy 20 Ex: _____	Grain 10 Ex: _____	Grain 10 Ex: _____	Dairy 20 Ex: _____
Fruit 15 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Fruit 15 Ex: _____	Fruit 15 Ex: _____
Dairy 20 Ex: _____	Protein 12 Ex: _____	Dairy 20 Ex: _____	Vegetable 8 Ex: _____	Grain 10 Ex: _____
Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Grain 10 Ex: _____
Protein 12 Ex: _____	Fruit 15 Ex: _____	Protein 12 Ex: _____	Protein 12 Ex: _____	Grain 10 Ex: _____

Food Group				
Protein 12 Ex: _____	Fruit 15 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____
Dairy 20 Ex: _____	Grain 10 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Protein 12 Ex: _____
Grain 10 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Grain 10 Ex: _____	Grain 10 Ex: _____	Protein 12 Ex: _____	Vegetable 8 Ex: _____	Fruit 15 Ex: _____
Protein 12 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Grain 10 Ex: _____

Food Group				
Protein 12 Ex: _____	Vegetable 8 Ex: _____	Vegetable 8 Ex: _____	Fruit 15 Ex: _____	Protein 12 Ex: _____
Protein 12 Ex: _____	Dairy 20 Ex: _____	Grain 10 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____
Grain 10 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____	Vegetable 8 Ex: _____
Grain 10 Ex: _____	Protein 12 Ex: _____	Vegetable 8 Ex: _____	Grain 10 Ex: _____	Vegetable 8 Ex: _____
Fruit 15 Ex: _____	Fruit 15 Ex: _____	Fruit 15 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____

Food Group				
Dairy 20 Ex: _____	Dairy 20 Ex: _____	Fruit 15 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____
Vegetable 8 Ex: _____	Fruit 15 Ex: _____	Protein 12 Ex: _____	Dairy 20 Ex: _____	Grain 10 Ex: _____
Fruit 15 Ex: _____	Protein 12 Ex: _____	Grain 10 Ex: _____	Protein 12 Ex: _____	Grain 10 Ex: _____
Vegetable 8 Ex: _____	Grain 10 Ex: _____	Grain 10 Ex: _____	Dairy 20 Ex: _____	Vegetable 8 Ex: _____
Fruit 15 Ex: _____	Vegetable 8 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____	Protein 12 Ex: _____

Food Group				
Grain 10 Ex: _____	Grain 10 Ex: _____	Vegetable 8 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____
Fruit 15 Ex: _____	Protein 12 Ex: _____	Fruit 15 Ex: _____	Grain 10 Ex: _____	Fruit 15 Ex: _____
Vegetable 8 Ex: _____	Protein 12 Ex: _____	Vegetable 8 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Vegetable 8 Ex: _____	Grain 10 Ex: _____	Dairy 20 Ex: _____	Dairy 20 Ex: _____	Protein 12 Ex: _____
Dairy 20 Ex: _____	Dairy 20 Ex: _____	Fruit 15 Ex: _____	Vegetable 8 Ex: _____	Dairy 20 Ex: _____