

# Cooking Up MyPyramid - Be a Meal Planner

Make it a goal to try 5 new recipes a week. Write the title and page number in the meal column (Breakfast, Lunch, Dinner, or Snack) and the day of the week you want to try the recipe. Fill in 5 boxes a week.

Day	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				