



RED

**TRIAL # 1**

Date: \_\_\_\_\_

Requirement for Success: \_\_\_\_\_

*Instructions:* You are to plan three meals per day for an adult woman. Fill in the blanks with foods of your choice from the Food List.

*Breakfast:*

One item containing vitamin C from the Vegetable & Fruit Group: \_\_\_\_\_

One slice of toast

One item from the Meat Group: \_\_\_\_\_

Coffee with cream

*Lunch:*

Chef's salad, including lettuce and turkey and ham slices

French dressing

One item from the Bread & Cereal Group: \_\_\_\_\_

One item from the Vegetable & Fruit Group: \_\_\_\_\_

Beverage: \_\_\_\_\_

*Dinner:*

One item from the Meat Group: \_\_\_\_\_

One item from the Vegetable & Fruit Group: \_\_\_\_\_

One item from the Bread & Cereal Group: \_\_\_\_\_

Milk

Ice Cream

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Completion Time: \_\_\_\_\_

Accuracy: \_\_\_\_\_