The Plant Plate: Score Three Meals

One point for each part that's there; whole grains earn an extra half point (Chapter 3).

Meal	Plant protein	Grains	Vegetables	Fruit	Good fats	Score
Meal 1:						
Meal 2:						
Meal 3:						

Did I have my shield today? (at least one food labelled as fortified with B12, or a B12 tablet) ☐ yes ☐ no

The part most often missing, and the dish I'll add: