

_____ CALORIE MEAL PLAN

Grains Vegetables Fruit Fats& Oils Milk Meats & Beans



BREAKFAST



SNACK



LUNCH



SNACK



DINNER



SNACK



TOTAL



15 gm CHO= 1 serving of a CHO (Starch/Fruit/Milk)

7 gm Protein = 1 Serving of a Protein

5 gm Fat = 1 Serving of a Fat

