

# \_\_\_\_\_ 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

