



MEAL PLAN

Name:

Date:

Meal	Starch C, P	Fruit C	Vegetable C, P	Milk or Milk Alt. C, P, F	Lean Protein P, F	Fat F
Breakfast						
Snack						
Lunch						
Snack						
Dinner						

X = Either / Or

C = Carbohydrates

P = Protein

F= Fat

