

# Sample Meal Plans

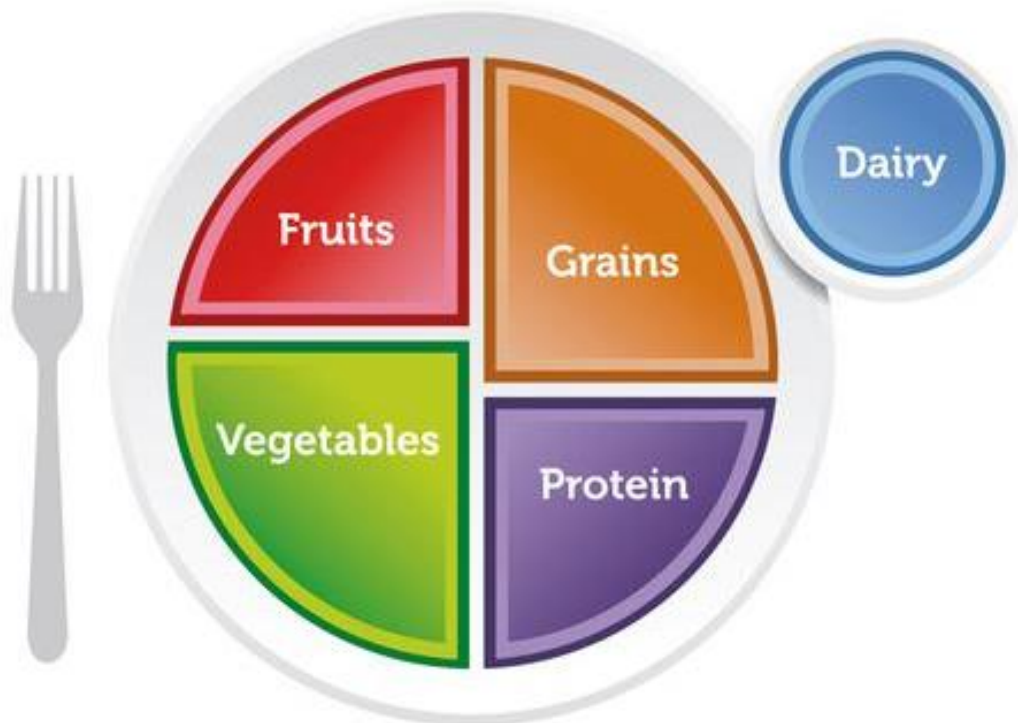
For Ages 2-4 years

## Basics of Meal Plans

**Go:** Make up the majority of your meals/snacks

**Slow:** Limit to 1-3 servings per day

**Whoa:** Limit 0-1 servings per day



### Guidelines for Creating a Meal:

- Consume 3 meals and 2 snacks per day
- Each meal needs to contain a minimum of 3 food groups
  - Each snack needs to contain a minimum of 2 food groups
- Always have a fruit and/or vegetable
- Pick the right portions
- Eat more meals as a family



## **Fruit**

Eat 4 servings each day. One serving of fruit is:

- 1/4 cup cooked, frozen, or canned fruit
- 1/2 piece fresh

## **Vegetables**

Eat 3 servings each day. One serving of vegetables is:

- 1/4 cup cooked vegetables
- 1/2 cup leafy salad greens

## **Protein**

Eat 3 servings each day. One serving of protein is:

- 1 ounce lean meat, poultry or seafood
- 1/2 - 1 egg
- 1/4 - 1/3 cup cooked beans
- 1 Tablespoon peanut butter

## **Dairy**

Eat 4 servings each day. One serving of dairy is:

- 1/2 cup milk
- 1/2 cup yogurt
- 1/2 - 1 ounce of cheese

## **Grains**

Eat no more than 6 servings each day. One serving of grains is:

- 1/2 slice bread
- 1/2 cup ready-to-eat whole grain cereal
- 1/4 cup cooked rice, pasta, or cereal
- 2 – 4 crackers

## Day 1

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	Oatmeal: - 1/4 cup cooked rolled oats - 1 Tablespoon natural peanut butter (no added sugar) - 1/4 sliced banana 4 oz skim or 1% milk	Grains Protein Fruit Dairy/Protein
<b>Snack</b>	1/4 whole wheat pita with 1 Tablespoon hummus	Grains Protein
<b>Lunch</b>	Sandwich: - 1 slice whole wheat bread, - 2 slices of low fat lunchmeat, - 1/2 slice of low fat cheese 1/4 cup veggie sticks (carrots, cucumbers, celery) - With 1 Tablespoon low fat ranch dressing 4 ounces low sugar Greek yogurt	Grains Protein Dairy/Protein Vegetable  Dairy/Protein
<b>Snack</b>	1 low fat string cheese 1/4 cup apple slices	Dairy/Protein Fruit
<b>Dinner</b>	1 oz grilled chicken breast, no skin 1/4 cup mashed sweet potatoes 1/2 cup steamed or raw broccoli	Protein Starchy Vegetable Vegetable

## Day 2

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	1/2 cup cereal - 1/4 cup berries 4 oz skim or 1% milk	Grain Fruit Dairy
<b>Snack</b>	1 low fat string cheese 1/4 cup grapes	Dairy/Protein Fruit
<b>Lunch</b>	- 3 whole grain crackers, - 1 slice low fat turkey, - 1 tablespoon hummus, 1/4 cup cherry tomatoes (halved) - 1 tablespoon low fat ranch dressing 1/4 cup apple slices 1/2 cup sugar free pudding Water	Grains Protein Protein Vegetable  Fruit
<b>Snack</b>	1 celery stick - With 1/2 tablespoon natural peanut butter (no sugar added) and - 1 tablespoon of raisins	Vegetable Protein  Fruit
<b>Dinner</b>	1 oz pork chop (loin or round cuts) 1/4 cup wild rice 1/4 cup or 3 spears baked asparagus 4 oz glass 1% or skim milk	Protein Grains Vegetable Dairy

## Day 3

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	Breakfast Burrito: <ul style="list-style-type: none"> <li>- 1/2 of a 6" whole grain tortilla</li> <li>- 1 egg,</li> <li>- 1 Tablespoon of low-fat cheese</li> <li>- 1/4 cup salsa</li> </ul> 4 oz glass 1% or skim milk	Grains Protein Dairy/Protein Vegetable Dairy
<b>Snack</b>	2 graham cracker squares 1 teaspoon of natural peanut butter (no sugar added) 1/4 banana slices	Grains Protein Fruit
<b>Lunch</b>	Mini Pizzas: <ul style="list-style-type: none"> <li>- 1/2 Whole Grain English Muffin,</li> <li>- 1 oz. Grilled Chicken Strips,</li> <li>- 2 Tablespoons tomato sauce,</li> <li>- 1 Tablespoon low-fat shredded cheese,</li> <li>- 2 Tablespoons spinach</li> </ul> 1/4 cup Cantaloupe	Grains Protein Vegetable Dairy/Protein Vegetable Fruit
<b>Snack</b>	4 ounces low sugar yogurt 1/4 cup sliced berries	Dairy/Protein Fruit
<b>Dinner</b>	Spaghetti and meatballs: <ul style="list-style-type: none"> <li>- 1-2 meatballs made with lean ground turkey or lean ground beef</li> <li>- 1/4 cup whole grain spaghetti,</li> <li>- 1/4 cup tomato sauce</li> </ul> 1/2 cup steamed green beans	Protein  Grains Vegetable Vegetable

## Day 4

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	<p>1/2 Whole Grain English Muffin</p> <ul style="list-style-type: none"> <li>- 1 slice low fat turkey bacon,</li> <li>- 1 slice low fat cheese,</li> <li>- 1/4 cup spinach</li> </ul> <p>1/4 cup diced pineapple 4 oz glass 1% or skim milk</p>	<p>Grains</p> <p>Protein</p> <p>Dairy/Protein</p> <p>Vegetable</p> <p>Fruit</p> <p>Dairy</p>
<b>Snack</b>	<p>1 slice of low fat deli meat (rolled up and broken into bite size pieces)</p> <p>Fresh broccoli "trees"</p> <p>1 Tablespoon low fat ranch dressing</p>	<p>Protein</p> <p>Vegetable</p>
<b>Lunch</b>	<p>Peanut Butter and Banana Sandwich:</p> <ul style="list-style-type: none"> <li>- 1 slice whole wheat bread</li> <li>- 1 Tablespoon natural peanut butter</li> <li>- 1/2 sliced banana</li> </ul> <p>1/4 cup baby carrots</p> <ul style="list-style-type: none"> <li>- With 1 Tablespoon hummus</li> </ul>	<p>Grains</p> <p>Protein</p> <p>Fruit</p> <p>Vegetable</p> <p>Protein</p>
<b>Snack</b>	<p>Homemade Smoothie:</p> <ul style="list-style-type: none"> <li>- 1/4 cup light Greek yogurt,</li> <li>- 1/4 cup 1% or skim milk</li> <li>- 1/4 cup frozen berries</li> </ul>	<p>Dairy/Protein</p> <p>Dairy</p> <p>Fruit</p>
<b>Dinner</b>	<p>Tacos:</p> <ul style="list-style-type: none"> <li>- 1 small whole wheat or corn tortilla,</li> <li>- 1 ounces of lean ground beef,</li> <li>- 1/4 cup shredded lettuce,</li> <li>- 1/4 cup chopped tomatoes,</li> <li>- 1 Tablespoon low fat shredded cheese</li> </ul> <p>1/8 cup low sodium black beans</p>	<p>Grains</p> <p>Protein</p> <p>Vegetable</p> <p>Vegetable</p> <p>Dairy/Protein</p> <p>Protein</p>

## Day 5

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	½ slice Whole Wheat toast 1 egg ¼ cup melon chunks 4 oz glass 1% or skim milk	Grains Protein Fruit Dairy
<b>Snack</b>	1/4 cup low sugar vanilla Greek yogurt 1/2 small orange (slices)	Dairy/Protein Fruit
<b>Lunch</b>	Bean Bowl: - ¼ cup brown rice - 1/4 cup low sodium black beans, - 1/4 cup salsa - 1 Tablespoon low fat shredded cheese, - 1/4 cup shredded lettuce/ chopped tomatoes 1/8 avocado 1/4 cup grapes	Grains Protein Vegetable Dairy/Protein Vegetable Fruit Fruit
<b>Snack</b>	1/4 cup veggie sticks (celery, cucumber, carrots) - With 1 Tablespoon low fat ranch dressing 3 whole grain crackers	Vegetable  Grains
<b>Dinner</b>	1 oz Blackened Salmon or Tilapia 1/4 ear of Corn on the Cob 1/2 cup Mixed Vegetables (Broccoli, Cauliflower, Carrots) 1/4 cup Watermelon 4 oz glass 1% or skim milk	Protein Starchy Vegetable Vegetable  Fruit Dairy

# Sample Meal Plans

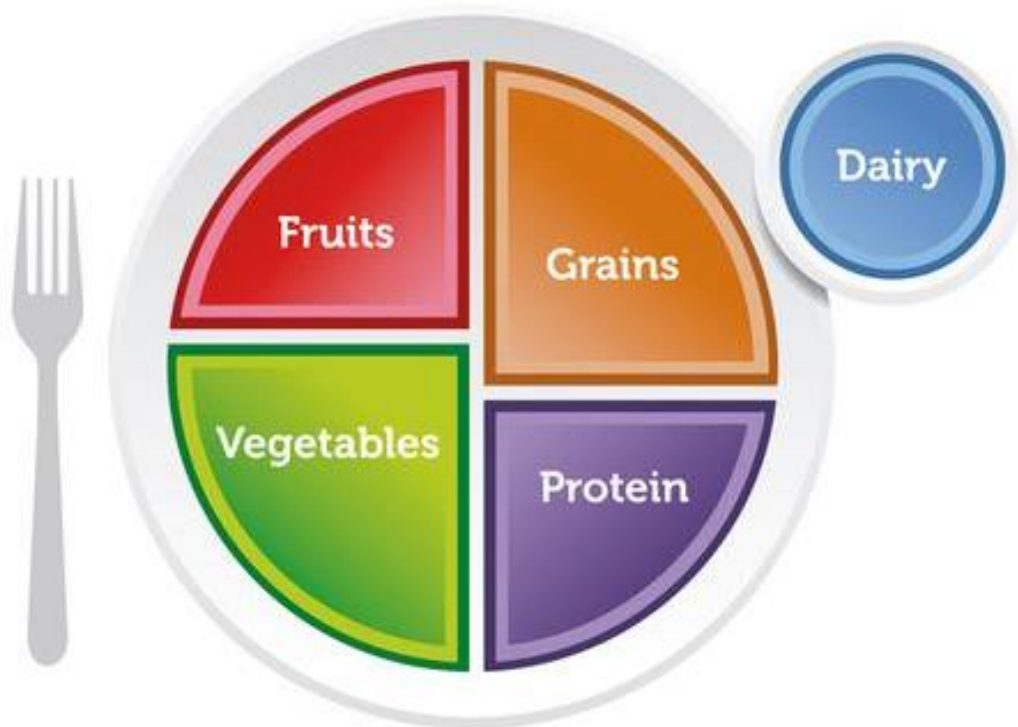
For Ages 5-9 years

## Basics of Meal Plans

**Go:** Make up the majority of your meals/snacks

**Slow:** Limit to 1-3 servings per day

**Whoa:** Limit 0-1 servings per day



### Guidelines for Creating a Meal:

- Consume 3 meals and 1-2 snacks per day
- Each meal needs to contain a minimum of 3 food groups
  - Each snack needs to contain a minimum of 2 food groups
- Always have a fruit and/or vegetable
- Pick the right portions
- Eat more meals as a family





## Fruits

Eat 2-3 servings each day. One serving of fruit is:

- 1/2 – 1 piece fresh
- 1/3 cup chopped, cooked, or canned fresh fruit

## Vegetables

Eat at least 3 servings each day. One serving of vegetables is:

- 1/4 – 1/2 cup cooked vegetables
- 1/2 – 1 cup leafy salad greens

## Protein

Eat 3 servings each day. One serving of protein is:

- 2-3 ounces lean meat, poultry or seafood
- 1-2 eggs
- 1 Tablespoon peanut butter or 2 Tablespoons nuts/seeds
- 1/3 – 1/2 cup cooked beans

## Dairy

Eat 2-3 servings each day. One serving of dairy is:

- 1/2 -1 cup milk
- 1/2 -1 cup yogurt
- 1 ounce of cheese

## Grains

Eat no more than 6 servings each day. One serving of grains is:

- 1/2 -1 slice bread
- 1/2 – 3/4 cup ready-to-eat whole grain cereal
- 1/3 – 1/2 cup cooked rice, pasta, or cereal
- 3 – 5 crackers

## Day 1

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	Oatmeal: - 1/2 cup cooked plain oatmeal - 1 Tablespoon natural peanut butter (no added sugar) - 1/2 sliced banana 4 oz skim or 1% milk	Grains Protein Fruit Dairy
<b>Lunch</b>	Sandwich: - 2 slices whole wheat bread, - 2 slices of lean ham lunchmeat - 1 slice of low fat cheese - mustard 1/2 cup veggie sticks (carrots, cucumbers, celery) - With 2 Tablespoons low fat ranch dressing 6 ounces Greek yogurt	Grains Protein Dairy/Protein Vegetable Dairy/Protein
<b>Snack</b>	1 low fat string cheese 1 small apple	Dairy/Protein Fruit
<b>Dinner</b>	2-3oz grilled chicken breast, no skin 1/2 cup mashed sweet potatoes 1/2 cup steamed or raw broccoli 1/2 cup frozen grapes	Protein Starchy Vegetable Vegetable Fruit

## Day 2

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	1/3 cup berries 6 ounces low fat Greek yogurt 2 tablespoons chopped nuts	Fruit Dairy/Protein Protein
<b>Lunch</b>	Turkey Pita: - 1/2 whole grain pita, - 2 slices low fat turkey, - 1 tablespoons hummus, - 1/4 cup shredded lettuce 1/2 cup raw broccoli - with 2 tablespoons low fat ranch dressing 1/2 cup apple slices 1/2 cup sugar free pudding Water	Grains Protein Protein Vegetable Vegetable Fruit
<b>Snack</b>	3-4 celery sticks - With 1 tablespoon natural peanut butter (no sugar added) and - 2 tablespoons of raisins	Vegetable Protein Fruit
<b>Dinner</b>	3oz pork chop (loin or round cuts) 1/2 cup wild rice 1/2 cup or 6 spears baked asparagus 8 oz glass 1% or skim milk	Protein Grains Vegetable Dairy/Protein

## Day 3

Meal/Snack	Food Consumed	Food Groups
<b>Breakfast</b>	Breakfast Burrito: <ul style="list-style-type: none"> <li>- 6" whole grain tortilla</li> <li>- 1 egg,</li> <li>- 2 Tablespoons of low-fat cheese,</li> <li>- 1/4 cup salsa</li> <li>- 1/4 cup sautéed mushrooms, onions and peppers</li> </ul> 8 oz glass 1% or skim milk	Grains Protein Dairy/Protein Vegetable Vegetable Dairy
<b>Lunch</b>	Chicken Salad: <ul style="list-style-type: none"> <li>- 2 cup mixed greens</li> <li>- 2 oz grilled chicken</li> <li>- 2 Tablespoons Reduced Fat Dressing</li> </ul> 1 cup low sugar Greek yogurt 1 clementine	Vegetable Protein Dairy/Protein Fruit
<b>Snack</b>	1/2 cup veggie sticks (celery, cucumber, carrots) <ul style="list-style-type: none"> <li>- With 2 Tablespoons low fat ranch dressing</li> </ul> 1 skim mozzarella string cheese	Vegetable Dairy
<b>Dinner</b>	Spaghetti and meatballs: <ul style="list-style-type: none"> <li>- 2-3 meatballs made with 93% lean ground beef or turkey</li> <li>- 1/2-1 cup whole grain spaghetti,</li> <li>- 1/2 cup tomato sauce</li> </ul> 1 cup steamed green beans	Protein Grains Vegetable Vegetable

## Day 4

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	1/2 Whole Grain English Muffin - 2 slices low fat turkey bacon, - 1 slice low fat cheese, - 1/4 cup spinach 8 oz glass 1% or skim milk	Grains Protein Dairy/Protein Vegetable Dairy
<b>Lunch</b>	Peanut Butter and Banana Sandwich: - 2 slices 100 % whole wheat bread - 1 Tablespoon natural peanut butter - 1/2 sliced banana 1/2 cup baby carrots - With 2 Tablespoons hummus Apple slices or other fresh fruit	Grains Protein Fruit Vegetable Protein Fruit
<b>Snack</b>	Homemade Smoothie: - 1/4 cup low fat Greek yogurt, - 1/4 cup 1% or skim milk, - 1/3 cup frozen berries	Dairy/Protein Dairy Fruit
<b>Dinner</b>	Tacos: - 1-2 small whole wheat or corn tortillas (or 2 hard taco shells), - 2 ounces of lean ground beef, - 1/4 cup shredded lettuce, - 1/4 cup chopped tomatoes, - 2 Tablespoons low fat shredded cheese 1/4 cup black beans 1/4 cup salsa 1/8 avocado	Grains  Protein Vegetable Vegetable Dairy/Protein Protein Vegetable Fruit

## Day 5

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	1 slice Whole Wheat toast 1/8 avocado 1 egg 1/2 cup melon 8 oz glass 1% or skim milk	Grains Fruit Protein Fruit Dairy
<b>Lunch</b>	Mini Pizzas: - 1 Whole Wheat English Muffin, - 2 oz. Grilled Chicken Strips, - 2 Tablespoons pizza sauce, - 2 Tablespoon shredded part skim mozzarella cheese, - 1/2 cup fresh spinach 1/2 cup Cantaloupe - Water	Grains Protein Vegetable Dairy/Protein Vegetable Fruit
<b>Snack</b>	6 ounces low sugar Greek yogurt 1/2 cup sliced berries	Dairy/Protein Fruit
<b>Dinner</b>	3oz Blackened Salmon or Tilapia 1/2 ear of Corn on the Cob 1/2 cup Mixed Vegetables (Broccoli, Cauliflower, Carrots) 1/2 cup Watermelon 8 oz glass 1% or skim milk	Protein Starchy Vegetable Vegetable Fruit Dairy

# Sample Meal Plans

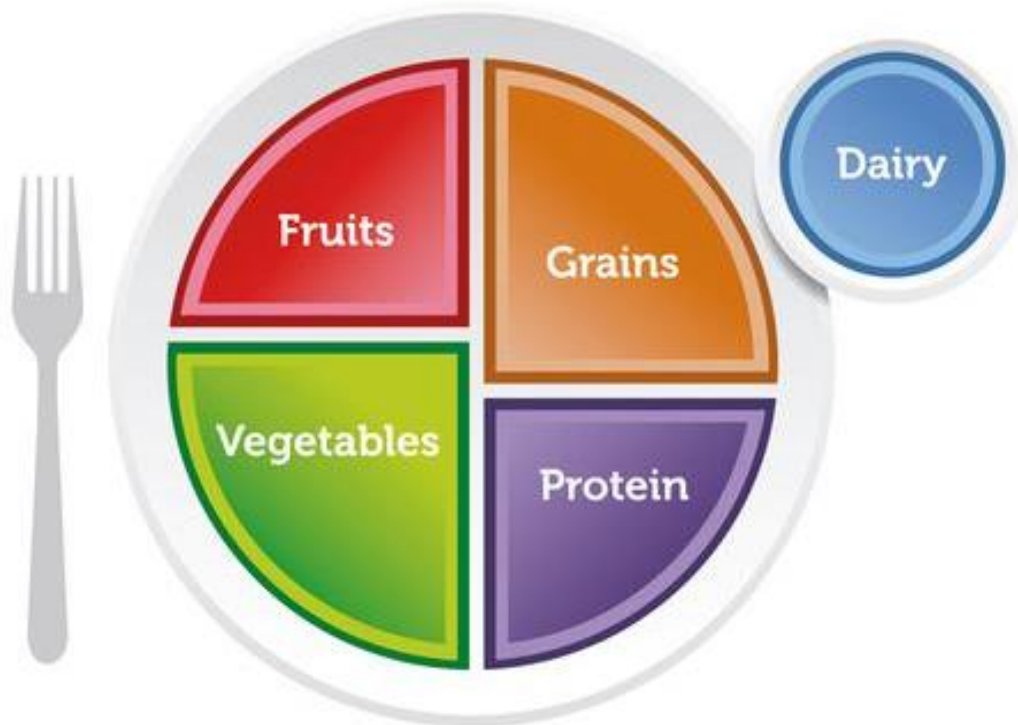
For Ages 10-14 years

## Basics of Meal Plans

**Go:** Make up the majority of your meals/snacks

**Slow:** Limit to 1-3 servings per day

**Whoa:** Limit 0-1 servings per day



### Guidelines for Creating a Meal:

- Consume 3 meals and 1-2 snacks per day
- Each meal needs to contain a minimum of 3 food groups
  - Each snack needs to contain a minimum of 2 food groups
- Always have a fruit and/or vegetable
- Pick the right portions
- Eat more meals as a family



## Fruits

Eat 2-3 servings each day. One serving of fruit is

- 1 piece fresh fruit
- ½-1 cup chopped, cooked, or canned fresh fruit

## Vegetables

Eat at least 3 servings each day. One serving of vegetables is

- 1 cup cooked or raw vegetables
- 2 cups leafy salad greens

## Protein

Eat 3 servings each day. One serving of protein is

- 2-3 ounces lean meat, poultry or seafood
- 1-2 eggs
- 1 Tablespoon peanut butter or 2 Tablespoons nuts/seeds
- ½ cup cooked beans

## Dairy

Eat 2-3 servings each day. One serving of dairy is

- 1 cup milk
- 1 cup yogurt
- 1-2 ounces of cheese

## Grains

Eat no more than 6 servings each day. One serving of grains is

- 1 slice bread or ½ a bun
- 1 cup ready-to-eat whole grain cereal
- ½ cup cooked rice, pasta, or cereal
- 6 crackers



## Day 1

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	1 cup plain Greek yogurt ¾ cup strawberries 2 tablespoons walnuts	Dairy/Protein Fruit Protein
<b>Lunch</b>	Ham Sandwich: - 1 100% whole wheat English muffin - 2 slices of lean lunchmeat - 1 slice of low fat cheese ½ cup cherry tomatoes - 2 Tablespoons Reduced Fat Dressing 1 pear	Grains Protein Dairy Vegetable  Fruit
<b>Snack</b>	¼ cup hummus 1 cup baby carrots/celery sticks 6 100% whole grain crackers 1 clementine	Protein Vegetable Grains Fruit
<b>Dinner</b>	3 oz grilled chicken breast, no skin ½ cup mashed sweet potatoes 1 cup steamed or raw broccoli 1 cup 1% or skim milk	Protein Starchy Vegetable Vegetable Dairy

## Day 2

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1/4 avocado</li> <li>1 egg (cooked to preference)</li> <li>Tomato slices</li> <li>1 slice 100% whole wheat toast</li> <li>1 cup 1% or skim milk</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Protein</li> <li>Vegetable</li> <li>Grains</li> <li>Dairy</li> </ul>
<b>Lunch</b>	Chicken Salad: <ul style="list-style-type: none"> <li>- 1 cup mixed greens</li> <li>- 3 oz grilled chicken</li> <li>- 2 Tablespoons Reduced Fat Dressing</li> </ul> 1 cup low sugar Greek yogurt 1 clementine	<ul style="list-style-type: none"> <li>Vegetable</li> <li>Protein</li> <li>Dairy/Protein</li> <li>Fruit</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>1 small apple</li> <li>1 tablespoon natural peanut butter (no sugar added)</li> <li>1 cup 1% or skim milk</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Protein</li> <li>Dairy</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>3 oz pork tenderloin</li> <li>1 cup roasted mini potatoes</li> <li>1/2 cup or 6 spears baked asparagus</li> <li>1 cup mixed berries</li> </ul>	<ul style="list-style-type: none"> <li>Protein</li> <li>Starchy Vegetable</li> <li>Vegetable</li> <li>Fruit</li> </ul>

## Day 3

Meal/Snack	Food Consumed	Food Groups
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- 1 slice 100% whole wheat bread</li> <li>- 1 Tablespoon nut butter</li> <li>- 1 cup 1% or skim milk</li> <li>- 1 small banana</li> </ul>	Grains Protein Dairy Fruit
<b>Lunch</b>	1 cup carrot/celery sticks 3 ounces canned tuna, in water mixed with 2 tablespoons hummus 6 100% whole wheat crackers 1 cup grapes	Vegetable Protein  Grain Fruit
<b>Snack</b>	1 cup plain Greek yogurt 1/2 cup cheerios 3/4 cup blueberries	Dairy/Protein Grain Fruit
<b>Dinner</b>	Turkey bowl: <ul style="list-style-type: none"> <li>- 3 oz ground turkey</li> <li>- 1/2 cup brown rice</li> <li>- 1 cup roasted broccoli/cauliflower/carrots</li> <li>- 1/4 cup low fat cheese</li> </ul>	Protein Grains Vegetable Dairy

## Day 4

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	Veggie Omelet <ul style="list-style-type: none"> <li>- 2 eggs (cooked to preference)</li> <li>- 1 cup diced vegetables (onion, spinach, mushroom)</li> <li>- ¼ cup low fat cheese</li> <li>- 4 oz glass 100% juice</li> </ul>	Protein Vegetable  Dairy Fruit
<b>Lunch</b>	Turkey Sandwich: <ul style="list-style-type: none"> <li>- 2 slices whole wheat bread</li> <li>- 2 oz sliced turkey</li> <li>- lettuce/tomato</li> <li>- 1 slice low fat cheese</li> <li>- ½ cucumber sliced with lemon and dill</li> <li>- 1 Tablespoon reduced fat mayo/mustard</li> </ul>	Grains Protein Vegetable Dairy Vegetable
<b>Snack</b>	1 peach or other piece fresh fruit ¼ cup mixed nuts, unsalted	Fruit Protein
<b>Dinner</b>	Turkey Chili: <ul style="list-style-type: none"> <li>- 3 oz ground turkey</li> <li>- ½ cup beans</li> <li>- 1 ½ cup diced tomato, onion, zucchini, carrot</li> <li>- 2 Tablespoons plain Greek yogurt</li> <li>- 2 Tablespoons low fat shredded cheese</li> <li>- 1/2 cup diced sweet potato</li> </ul>	Protein Protein Vegetable  Dairy/Protein Dairy Starchy Vegetable

## Day 5

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	2 4" whole wheat pancakes 2 tablespoons walnuts 1 cup strawberries 1 cup 1% or skim milk	Grains Protein Fruit Dairy
<b>Lunch</b>	Bean Burrito Bowl: - ½ cup brown rice - ½ cup black beans - 1 cup grilled vegetables (onion, peppers) - 2 Tablespoons plain Greek Yogurt - 2 Tablespoons fresh salsa - ¼ avocado	Grains Protein Vegetable Dairy/Protein Vegetable Fruit
<b>Snack</b>	1 clementine 3 oz beef jerky (low sugar)	Fruit Protein
<b>Dinner</b>	3 oz grilled chicken breast 1 cup roasted brussel sprouts ½ cup whole wheat couscous	Protein Vegetable Grains

# Sample Meal Plans

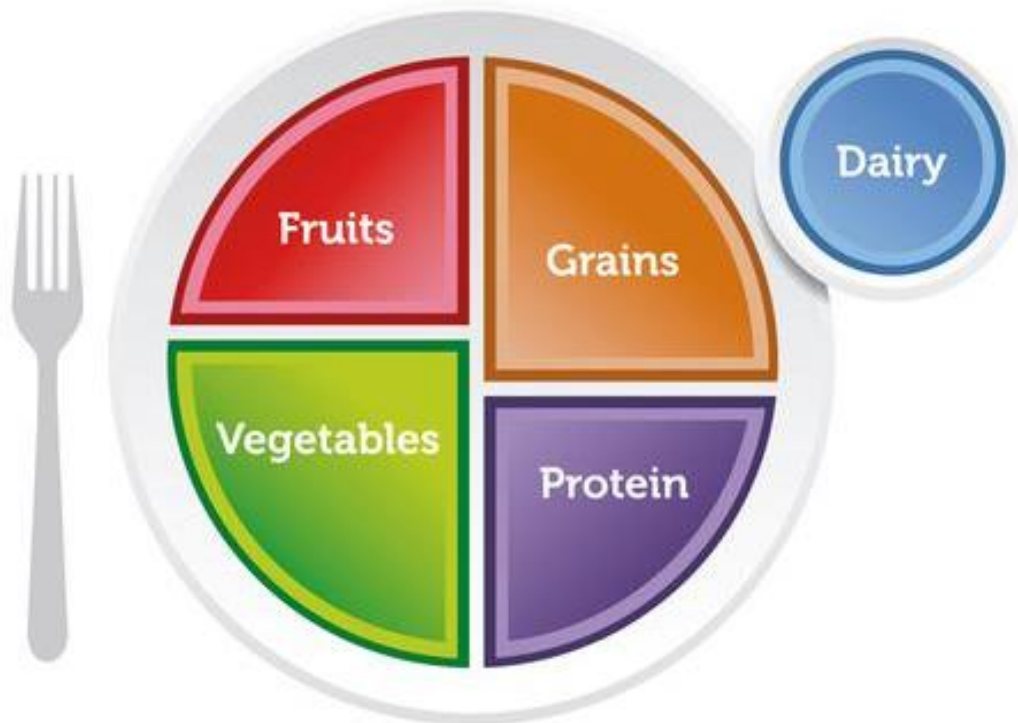
For Ages 15-18 years

## Basics of Meal Plans

**Go:** Make up the majority of your meals/snacks

**Slow:** Limit to 1-3 servings per day

**Whoa:** Limit 0-1 servings per day



### Guidelines for Creating a Meal:

- Consume 3 meals and 1-2 snacks per day
- Each meal needs to contain a minimum of 3 food groups
  - Each snack needs to contain a minimum of 2 food groups
- Always have a fruit and/or vegetable
- Pick the right portions
- Eat more meals as a family



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## Fruits

Eat 2-3 servings each day. One serving of fruit is

- 1 piece fresh fruit
- ½-1 cup chopped, cooked, or canned fresh fruit

## Vegetables

Eat at least 3 servings each day. One serving of vegetables is

- 1 cup cooked or raw vegetables
- 2 cups leafy salad greens

## Protein

Eat 3 servings each day. One serving of protein is

- 3-4 ounces lean meat, poultry or seafood
- 1-2 eggs
- 1 Tablespoon peanut butter or 2 Tablespoons nuts/seeds
- ½ cup cooked beans

## Dairy

Eat 2-3 servings each day. One serving of dairy is

- 1 cup milk
- 1 cup yogurt
- 1-2 ounces of cheese

## Grains

Eat no more than 6 servings each day. One serving of grains is

- 1 slice bread or ½ a bun
- 1 cup ready-to-eat whole grain cereal
- ½ cup cooked rice, pasta, or cereal
- 6 crackers

## Day 1

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	<p>1 cup plain Greek yogurt</p> <p><math>\frac{3}{4}</math> cup strawberries</p> <p>2 tablespoons walnuts</p>	<p>Dairy/Protein</p> <p>Fruit</p> <p>Protein</p>
<b>Lunch</b>	<p>Ham Sandwich:</p> <ul style="list-style-type: none"> <li>- 1 100% whole wheat English muffin</li> <li>- 3 slices of lean lunchmeat</li> <li>- 1 slice of low fat cheese</li> </ul> <p><math>\frac{1}{2}</math> cup cherry tomatoes</p> <ul style="list-style-type: none"> <li>- 2 Tablespoons Reduced Fat Dressing</li> </ul> <p>1 pear</p>	<p>Grains</p> <p>Protein</p> <p>Dairy</p> <p>Vegetable</p> <p>Fruit</p>
<b>Snack</b>	<p><math>\frac{1}{4}</math> cup hummus</p> <p>1 cup baby carrots/celery sticks</p> <p>6 100% whole grain crackers</p> <p>1 clementine</p>	<p>Protein</p> <p>Vegetable</p> <p>Grains</p> <p>Fruit</p>
<b>Dinner</b>	<p>4 oz grilled chicken breast, no skin</p> <p><math>\frac{1}{2}</math> cup mashed sweet potatoes</p> <p>1 cup steamed or raw broccoli</p> <p>1 cup 1% or skim milk</p>	<p>Protein</p> <p>Starchy Vegetable</p> <p>Vegetable</p> <p>Dairy</p>



## Day 2

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1/4 avocado</li> <li>2 egg (cooked to preference)</li> <li>Tomato slices</li> <li>1 slice 100% whole wheat toast</li> <li>1 cup 1% or skim milk</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Protein</li> <li>Vegetable</li> <li>Grains</li> <li>Dairy</li> </ul>
<b>Lunch</b>	Chicken Salad: <ul style="list-style-type: none"> <li>- 1 cup mixed greens</li> <li>- 4 oz grilled chicken</li> <li>- 2 Tablespoons Reduced Fat Dressing</li> <li>1 cup low sugar Greek yogurt</li> <li>1 clementine</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable</li> <li>Protein</li> <li>Dairy/Protein</li> <li>Fruit</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>1 small apple</li> <li>1 tablespoon natural peanut butter (no sugar added)</li> <li>1 cup 1% or skim milk</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Protein</li> <li>Dairy</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>4 oz pork tenderloin</li> <li>1 cup roasted mini potatoes</li> <li>1/2 cup or 6 spears baked asparagus</li> <li>1 cup mixed berries</li> </ul>	<ul style="list-style-type: none"> <li>Protein</li> <li>Starchy Vegetable</li> <li>Vegetable</li> <li>Fruit</li> </ul>

## Day 3

Meal/Snack	Food Consumed	Food Groups
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- 1 slice 100% whole wheat bread</li> <li>- 1 Tablespoon nut butter</li> <li>- 1 cup 1% or skim milk</li> <li>- 1 small banana</li> </ul>	Grains Protein Dairy Fruit
<b>Lunch</b>	1 cup carrot/celery sticks 3 ounces canned tuna, in water mixed with 2 tablespoons hummus 6 100% whole wheat crackers 1 cup grapes	Vegetable Protein  Grain Fruit
<b>Snack</b>	1 cup plain Greek yogurt 1/2 cup cheerios 3/4 cup blueberries	Dairy/Protein Grain Fruit
<b>Dinner</b>	Turkey bowl: <ul style="list-style-type: none"> <li>- 4 oz ground turkey</li> <li>- 1 cup brown rice</li> <li>- 1 cup roasted broccoli/cauliflower/carrots</li> <li>- 1/4 cup low fat cheese</li> </ul>	Protein Grains Vegetable Dairy

## Day 4

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	Veggie Omelet - 2 eggs (cooked to preference) - 1 cup diced vegetables (onion, spinach, mushroom) - ¼ cup low fat cheese - 4 oz glass 100% juice	Protein Vegetable  Dairy Fruit
<b>Lunch</b>	Turkey Sandwich: - 2 slices whole wheat bread - 3 oz sliced turkey - lettuce/tomato - 1 slice low fat cheese - ½ cucumber sliced with lemon and dill - 1 Tablespoon reduced fat mayo/mustard	Grains Protein Vegetable Dairy Vegetable
<b>Snack</b>	1 peach or other piece fresh fruit ¼ cup mixed nuts, unsalted	Fruit Protein
<b>Dinner</b>	Turkey Chili: - 4 oz ground turkey - ½ cup beans - 1 ½ cup diced tomato, onion, zucchini, carrot - 2 Tablespoons plain Greek yogurt - ¼ cup low fat shredded cheese - 1/2 cup diced sweet potato	Protein Protein Vegetable  Dairy/Protein Dairy Starchy Vegetable

## Day 5

Meal/Snack	Food Consumed	Food Group
<b>Breakfast</b>	2 4" whole wheat pancakes 2 tablespoons walnuts 1 cup strawberries 1 cup 1% or skim milk	Grains Protein Fruit Dairy
<b>Lunch</b>	Bean Burrito Bowl: - ½ cup brown rice - ½ cup black beans - 1 cup grilled vegetables (onion, peppers) - 2 Tablespoons plain Greek Yogurt - 2 Tablespoons fresh salsa - ¼ avocado	Grains Protein Vegetable Dairy/Protein Vegetable Fruit
<b>Snack</b>	1 clementine 3 oz beef jerky (low sugar)	Fruit Protein
<b>Dinner</b>	4 oz grilled chicken breast 1 cup roasted brussel sprouts 1 cup whole wheat couscous	Protein Vegetable Grains