

Example Meal & Snack Template

	Time	Recommended Food Groups	Meal & Snack Ideas
Breakfast	7:00AM	<p>½-1 cup fruit 1 oz. grain 1-2 oz. protein Dairy or non-dairy option (see designated portion)</p>	<p>Grapefruit, orange, melon or fresh berries 1 slice toast w/1 slice cheese or non-dairy cheese 1 egg, hardboiled OR Banana Smoothie (1/2 frozen banana, 3T rolled oats, 1T peanut or almond butter, ½ cup milk)</p>
AM Snack	9:30AM	<p>½-1 cup fruit Dairy or non-dairy option (see designated portion)</p>	<p>Berries with plain yogurt (or 1 fruit yogurt)</p>
Lunch	12:00PM	<p>1 ½ cup of vegetables 1-2 oz. grain 2 oz. protein</p>	<p>Green salad with mixed vegetables, cooked quinoa, garbanzo beans with vinaigrette OR 1 slice of bread with sardines, tuna (only 2x/month), sliced chicken OR turkey plus slice of tomato, ¼ avocado</p>
PM Snack	3:00PM	<p>½-1 cup vegetables 1oz. protein</p>	<p>Sliced cucumbers, peppers (limited crunch) or carrots, celery, broccoli (big crunch) with 3T hummus or other bean dip</p>
Dinner	6:00PM	<p>1 cup vegetables 3 oz. whole grain or starchy vegetable 2 oz. lean protein Dairy or non-dairy option (see designated portion)</p>	<p>Steamed broccoli ½ sweet potato or white potato with 1T butter Grilled fish, chicken or meat OR 1 cup vegetable bean chili with 3T Greek yogurt or sour cream Rice or quinoa</p>
PM Snack	8:00PM	<p>½-1 cup of fruit</p>	<p>Fresh fruit, sorbet or fruit pop</p>