<table>
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<th>Time</th>
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| **Breakfast** | 7:00AM  
½-1 cup fruit  
1 oz. grain  
1-2 oz. protein  
Dairy or non-dairy option (see designated portion) | 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) |
| **AM Snack** | 9:30AM  
½-1 cup fruit  
Dairy or non-dairy option (see designated portion) | Berries with plain yogurt (or 1 fruit yogurt) |
| **Lunch**   | 12:00PM  
1 ½ cup of vegetables  
1-2 oz. grain  
2 oz. protein | 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 |
| **PM Snack**| 3:00PM  
½-1 cup vegetables  
1 oz. protein   | Sliced cucumbers, peppers (limited crunch) or carrots, celery, broccoli (big crunch) with 3T hummus or other bean dip |
| **Dinner**  | 6:00PM  
1 cup vegetables  
3 oz. whole grain or starchy vegetable  
2 oz. lean protein  
Dairy or non-dairy option (see designated portion) | 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 |
| **PM Snack**| 8:00PM  
½-1 cup of fruit | Fresh fruit, sorbet or fruit pop |