



Daily Goals:
 ___Bread/Grain
 ___Fruit
 ___Milk
 ___Vegetable
 ___Meat/Protein
 ___Fat

Meal Plan for: _____ Date: _____

Time	Number of Exchange/Choices	Menu
Breakfast	___ Starch ___ Fruit ___ Vegetables ___ Milk ___ Meat and Meat Substitutes ___ Fat Group	
Snack	_____ _____	
Lunch	___ Starch ___ Fruit ___ Vegetables ___ Milk ___ Meat and Meat Substitutes ___ Fat Group	
Snack	_____ _____	
Dinner	___ Starch ___ Fruit ___ Vegetables ___ Milk ___ Meat and Meat Substitutes ___ Fat Group	
Snack	_____ _____	

Notes: