



Daily Goals:

- Bread/Grain
- Fruit
- Vegetable
- Milk
- oz. Meat/Protein
- Fat Group

Meal Plan for: _____

Date: _____

Time	Number of Exchange/Choices	Menu	
		Plan	Actual
Breakfast	Starch		
	Fruit		
	Vegetable		
	Milk		
	oz. Meat/Protein		
	Fat Group		
Snack			
Lunch	Starch		
	Fruit		
	Vegetable		
	Milk		
	oz. Meat/Protein		
	Fat Group		
Snack			
Dinner	Starch		
	Fruit		
	Vegetable		
	Milk		
	oz. Meat/Protein		
	Fat Group		
Snack			

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