



My Daily Meal Plan

Breakfast

Protein/Dairy	Whole Grain	Fruit/Vegetable	Healthy Fat
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Mid-Morning Snack

Protein/Dairy	Whole Grain	Fruit/Vegetable	Healthy Fat
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Lunch

Protein/Dairy	Whole Grain	Fruit/Vegetable	Healthy Fat
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Mid-Afternoon Snack

Protein/Dairy	Whole Grain	Fruit/Vegetable	Healthy Fat
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Dinner

Protein/Dairy	Whole Grain	Fruit/Vegetable	Healthy Fat
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Evening Snack

Protein/Dairy	Whole Grain	Fruit/Vegetable	Healthy Fat
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