

3-DAY MEAL PLAN WITH ALL 5 FOOD GROUPS

Day 1

Day 2

Day 3

Breakfast
Include at least
3 food groups

Grain = Whole grain cereal
Dairy = Low-fat milk
Fruit = Fresh banana

Vegetable = Fresh onion,
green peppers, salsa
Protein = Egg
Grain = Whole wheat tortilla

Fruit = Fresh strawberries
Grain = Oatmeal
Dairy = Low-fat milk

AM Snack
Include at least
2 food groups

Vegetable = Fresh carrot
and Bell pepper sticks
Dairy = Low-fat yogurt dill
dip

Fruit = Fresh banana,
Frozen berries
Dairy = Low-fat yogurt,
Low-fat milk

Fruit = Apple slices
Dairy = Low-fat cheese
Grain = Whole wheat
tortilla

Lunch
Include at least
3 food groups

Vegetable = Frozen green
peas
Protein = Peanut Butter
Fruit = Slices strawberries
Grain = Whole wheat bread

Fruit = Canned peaches
Dairy = Low-fat cheese
Grain = Whole wheat bread

Vegetable = Avocado, Celery
Protein = Canned tuna fish
Grain = Whole grain crackers

PM Snack
Include at least
2 food groups

Fruit = Fresh green grapes
Dairy = Low-fat cheese
slices

Vegetable = Cucumber
Grain = Whole grain
crackers

Vegetables = Carrots
Grain = Whole wheat pita
bread
Protein = Hummus

Dinner
Include at least
3 food groups

Vegetable = Fresh acorn
squash
Protein = Chicken thighs
Grain = Brown rice

Vegetable = Collard greens
Protein = Shrimp
Grain = Polenta

Vegetables = Broccoli,
Tomatoes
Protein = Beans
Grain = Whole wheat pasta

