

Sample Menu Planner



Monday

Balanced Meals	Vegetables & Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives				
Breakfast Time: 6:30 am 1 over easy egg 1 slice of whole grain toast 1 banana 1 cup juice	✓ ✓	✓		✓				
Snack Time: 9:00am 250 ml low fat vanilla yogurt ¼ cup of dry cereal ½ cup of mixed berries	✓	✓	✓					
Lunch Time: 12:00pm Grilled Chicken Salad 1 cup mixed greens 1 cup of peppers, celery, tomatoes, and onion chopped 3 oz of skinless chicken breast 1 ½ tablespoons of low-fat balsamic vinaigrette 1 whole wheat roll	✓ ✓	✓		✓				
Snack Time: 3:00pm 1 small apple 1 cup of skim milk 1 all-bran bar	✓	✓	✓					
Dinner Time: 3 oz of salmon (cooked in lemon and garlic) 1 cup of wild rice ½ cup of asparagus ½ cup of broccoli	✓ ✓	✓ ✓		✓				
Additional Snacks Time:								
Water	1	2	3	4	5	6	7	8

Notice this menu meets the recommended number of servings from each food group for the day as well as including at least three food groups at the major meals. Also, remember you always want to have a protein and a carbohydrate in every snack. Don't forget to get your 8 glasses of water a day as well!

Vegetable and Fruits: 8 Servings; **Grains:** 6 Servings; **Milk and Alternatives:** 2 Servings; **Meat and Alternatives:** 3 Servings

