

Meal Planning Guide		
Meal #1 Time:	Grain/Starch	
	Protein	
	Fruit or Vegetable	
	Other	
Snack Time:	Grain, Starch, Or Fruit	
	Vegetable	
	Protein	
Meal # 2 Time:	Grain/Starch	
	Protein	
	Fruit or Vegetable	
	Other	
Snack Time:	Grain, Starch, or Fruit	
	Vegetable	
	Protein	
Meal # 3 Time:	Grain/Starch	
	Protein	
	Fruit or vegetable	
	Other	
Snack Time:	Grain, Starch, or Fruit	
	Vegetable	
	Protein	