

MEAL PLANNING APPLICATION ACTIVITY:

Below are sample meal plans incorporating 3 meals & snacks. Please choose the calorie level that meets your need for weight loss and plan a menu for one day. Use the “Meal Planning Guide to Balanced Meals” (Handout to Complete Activity) to plan your menu. Please see the “Meal Planning” nutrition lesson in the Nutrition Lesson Library for all Meal Planning documents.

BALANCED MEAL PLANS

	BREAKFAST	LUNCH	DINNER	SNACKS
1200 calories	1 oz. lean meat 1 starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 1 starch/grain serving 2 ½ servings non-starchy vegetables 1 fat serving	3 oz. lean meat 1 starch/grain serving 2 ½ servings non-starchy vegetables 1 fat serving	1 fruit serving 1 milk serving
1400 calories	1 oz. lean meat 1 starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 1 starch/grain serving 2 servings non-starchy vegetables 1 fruit 1 milk serving 1 fat serving	3 oz. lean meat 1 starch/grain serving 3 servings non-starchy vegetables 1 fruit serving 1 fat serving	2 oz. meat servings
1500 calories	1 oz. lean meat 1 starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 1 starch/grain serving 1 serving non-starchy vegetables 1 fruit serving 1 fat serving	4 oz. lean meat 2 starch/grain servings 3 servings non-starchy vegetables 1 fruit serving 2 fat servings	1 milk serving 1 oz. lean meat 1 serving non-starchy vegetables

1600 calories	1 oz. lean meat 1 oz. starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 2 starch/grain servings 1 serving non-starchy vegetables 1 fruit serving 1 fat serving	4 oz. lean meat 2 starch/grain serving 3 servings non-starchy vegetables 1 fruit serving 2 fat servings	1 oz. lean meat 1 serving non-starchy vegetable 1 milk serving
1800 calories	1 oz. lean meat 2 starch/grain servings 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 2 starch/grain servings 1 serving non-starchy vegetables 1 fruit serving 1 fat serving	6 oz. lean meat 1 starch/grain serving 3 servings non-starchy vegetables 1 fruit serving 2 fat servings	1 serving non-starchy vegetables 1 milk serving 1 fat serving
2000 calories	1 oz. lean meat 2 starch/grain servings 1 fruit serving 1 milk serving 2 fat servings	3 oz. lean meat 1 starch/grain serving 1 serving non-starchy vegetables 1 fruit serving 1 milk serving 2 fat servings	6 oz. lean meat 2 starch/grain servings 3 servings non-starchy vegetables 1 fruit serving 2 fat servings	2 oz. lean meat 1 serving non-starchy vegetables 1 starch servings
2200 calories	2 oz. lean meat 2 starch/grain servings 1 fruit serving 1 milk serving 2 fat serving	4 oz. lean meat 2 starch/grain servings 1 serving non-starchy vegetables 1 fruit serving 1 milk serving 2 fat servings	6 oz. lean meat 2 oz. starch/grain serving 4 servings non-starchy vegetables 1 fruit serving 2 fat servings	2 oz. lean meat 1 serving non-starchy Vegetables 1 starch serving

Remember to use the calorie level that best meets your goal for weight loss to plan your meals. If you are in doubt of what your calorie range should be, please ask one of the clinic dietitians. NOTE: A 1200 calorie meal plan will not have the same servings or possibly all the food groups as a 2200 calorie meal plan.