

Sample Meal Plans

These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

Meal Plan A

(based on a 2000 Calorie Plan)

Breakfast

- 1 ounce(s) Grains
- ½ cup(s) Fruits
- ½ cup(s) Dairy

Morning Snack

- 1 ounce(s) Grains
- 1 cup(s) Fruits

Lunch

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Fruits
- 1 cup(s) Dairy
- 2½ ounce(s) Protein Foods

Afternoon Snack

- ½ cup(s) Vegetables
- ½ cup(s) Dairy

Dinner

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy
- 3 ounce(s) Protein Foods

Meal Plan B

(based on a 2000 Calorie Plan)

Breakfast

- 1 ounce(s) Grains
- 1 cup(s) Dairy
- 1½ ounce(s) Protein Foods

Morning Snack

- 1 cup(s) Fruits
- ½ cup(s) Dairy

Lunch

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Afternoon Snack

- 1 ounce(s) Grains
- ½ cup(s) Vegetables

Dinner

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 1 cup(s) Dairy
- 2 ounce(s) Protein Foods

Meal Plan C

(based on a 2000 Calorie Plan)

Breakfast

- 1 cup(s) Fruits
- 1 cup(s) Dairy

Morning Snack

- 1 ounce(s) Grains
- ½ cup(s) Dairy
- 1½ ounce(s) Protein Foods

Lunch

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy

Afternoon Snack

- 1 ounce(s) Grains
- ½ cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Dinner

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 2 ounce(s) Protein Foods

