

**MENU PLANNER - DAY \_\_\_\_\_ Name: \_\_\_\_\_**

**Date: \_\_\_\_\_**

**FIRST MEAL / TIME:** [Daily Servings: P= L/G= D= N/S= G/V/SV\*= ST= F= F/O= SG= ]

Food Group	Serving	Food Items	Special Instructions and Recipes:
R.O. Water w/Lemon		First Water in A.M. always includes fresh, squeezed lemon juice. The Daily Water Intake & Lemon Juice Servings in PEP Binder Tab #4.	
Protein (P)			
Legumes/Grains-L/G			
Dairy (D)			
Greens/Veg/SeaV*			
Starches (ST)			
Fats/Oil (F/O)			
Seasoning (SG)			

**SNACK #1 / TIME:** **SNACK #2 / TIME:** (Only one snack required here? Put N/A next to #2 TIME)

R.O. / Cran Water			R.O. / Cran Water		Water is needed here, even if Snack #2 is not required.
Fruit (F) Only or		Fruit is always eaten alone as a meal or snack.	Fruit (F) Only OR		Fruit is always eaten alone as a meal or snack.
Nuts & Seeds (N/S)			Nuts & Seeds (N/S)		

**SECOND MEAL / TIME:** (Note: Single or Mixed Fruit may be eaten alone as a First, Second or Third Meal)

Food Group	Serving	Food Items	Special Instructions and Recipes:
Protein (P)			
Legumes/Grains-L/G			
Dairy (D)			
Greens/Veg/SeaV*			
Starches (ST)			
Fats/Oil (F/O)			
Seasoning (SG)			

**SNACK #3 / TIME:** **SNACK #4 / TIME:** (Only one snack required here? Put N/A next to #4 TIME)

R.O. / Cran Water			R.O. / Cran Water		Water is needed here, even if Snack #4 is not required.
Fruit (F) Only OR		Fruit is always eaten alone as a meal or snack.	Fruit (F) Only OR		Fruit is always eaten alone as a meal or snack.
Nuts & Seeds (N/S)			Nuts & Seeds (N/S)		

**THIRD MEAL / TIME:** (Note: Single or Mixed Fruit may be eaten alone as a First, Second or Third Meal)

Food Group	Serving	Food Items	Special Instructions and Recipes:
Protein (P)			
Legumes/Grains-L/G			
Dairy (D)			
Greens/Veg/SeaV*			
Starches (ST)			
Fats/Oil (F/O)			
Seasoning (SG)			

**BEFORE 8 P.M. ↓ → R.O. with/without Cran Water (Amount): \_\_\_\_\_** NOTE: When signs of cellular saturations appear, discontinue Lemon Water before **only** Third Meal.

<b>Snack #5</b>			Herbal beverages are best in hours after the 3 <sup>rd</sup> Meal & before Sleep, though you may split an earlier snack into and eat one-half earlier, then other-half here. After 3 <sup>rd</sup> meal, avoid food from two or more hours before bedtime, ideally no solid food after 8 p.m. for daytime workers.
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\*G/V/SV=Greens/Vegetables/Sea Vegetables – though servings same, select foods daily from all three food groups when menu planning. Copyright Dr. Donna Smith 2009 frm43.MenuPlannerOriginal.docx