

MENU PLANNER SERVINGS MASTER

Date: _____

Name: _____

FIRST MEAL

FOOD GROUP	SERVING
Protein	
Legumes/Grains	
Dairy	
Greens/Veg/SeaV	
Starches	
Fats/Oil	
Seasonings	

SNACK #1

Fruits Only	
Nuts & Seeds	

SNACK #2

Fruits Only	
Nuts & Seeds	

SECOND MEAL

FOOD GROUP	SERVING
Protein	
Legumes/Grains	
Dairy	
Greens/Veg/SeaV	
Starches	
Fats/Oil	
Seasonings	

SNACK #3

Fruits Only	
Nuts & Seeds r	

SNACK #4

Fruits Only	
Nuts & Seeds	

THIRD MEAL

FOOD GROUP	SERVING
Protein	
Legumes/Grains	
Dairy	
Greens/Veg/SeaV	
Starches	
Fats/Oil	
Seasonings	