



Female - Transitional Sample Daily Meal Plan

Total Food For The Day

3 Milk	_2.5_ Vegetables
1.5 Fruits	_6_ Grains
5 Meat & Beans	_5_ Fats / Oils
195 Extras	

Breakfast

5 Milk	___ Vegetables
5 Fruits	_2_ Grains
1 Meat & Beans	_1t Fats / Oils
30 Extras	

Snack

___ Milk	___ Vegetables
5 Fruits	_1_ Grains
___ Meat & Beans	_1t Fats / Oils
30 Extras	

Dinner

1 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
2 Meat & Beans	_1t Fats / Oils
30_ Extras	

Snack

___ Milk	_5_ Vegetables
___ Fruits	_1_ Grains
___ Meat & Beans	_1_ Fats / Oils
30 Extras	

Supper

1 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
2 Meat & Beans	_1t Fats / Oils
30 Extras	

Snack

5 Milk	___ Vegetables
.5_ Fruits	___ Grains
___ Meat & Beans	___ Fats / Oils
30_ Extras	