



Male – Frail

Sample Daily Meal Plan

Total Food For The Day

3 Milk	2.5 Vegetables
2 Fruits	_6_ Grains
_5.5 Meat & Beans	_6t Fats / Oils
265 Extras	

Breakfast

___ Milk	___ Vegetables
.5 Fruits	2 Grains
1 Meat & Beans	_6t Fats / Oils
_50 Extras	

Snack

___ Milk	___ Vegetables
___ Fruits	_1_ Grains
___ Meat & Beans	_3t Fats / Oils
_50 Extras	

Dinner

1 Milk	_1_ Vegetables
_.5 Fruits	_1_ Grains
_2.5 Meat & Beans	_1t Fats / Oils
_65 Extras	

Snack

_.5 Milk	_.5 Vegetables
_.5 Fruits	_1_ Grains
___ Meat & Beans	___ Fats / Oils
___ Extras	

Supper

1 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
2 Meat & Beans	_1t Fats / Oils
_50 Extras	

Snack

_.5 Milk	___ Vegetables
_.5 Fruits	___ Grains
___ Meat & Beans	___ Fats / Oils
_50 Extras	